

# Shaping Up

拍數: 64      牆數: 4      級數: Improver  
編舞者: Robbie McGowan Hickie (UK)  
音樂: The Shape I'm In - The Deans



## VINE QUARTER TURN RIGHT, SCUFF, STEP, PIVOT QUARTER TURN RIGHT, CROSS, HOLD & CLAP

1-2      Step right to right side, cross left behind right  
3-4      Turn ¼ turn right stepping forward on right, scuff left slightly forward  
5-8      Step forward on left, pivot ¼ turn right, cross left over right, hold and clap (facing 6:00)

## VINE QUARTER TURN RIGHT, SCUFF, STEP, PIVOT QUARTER TURN RIGHT, CROSS, HOLD & CLAP

1-2      Step right to right side, cross left behind right  
3-4      Turn ¼ turn right stepping forward on right, scuff left slightly forward  
5-8      Step forward on left, pivot ¼ turn right, cross left over right, hold and clap (facing 12:00)

## SIDE, TOGETHER, BACK, KICK, LEFT COASTER STEP, HOLD

1-4      Step right to right side, close left beside right, step back on right, low kick left forward  
5-8      Step back on left, step right beside left, step forward on left, hold

## STEP FORWARD, TAP, STEP BACK, KICK, SLOW RIGHT SHUFFLE HALF TURN RIGHT, HOLD

1-4      Step forward on right, tap left toe behind right heel, step back on left, low kick right forward  
5-8      Right shuffle back turning ½ turn right stepping right, left, right, hold, (facing 6:00)

## STEP FORWARD, TAP, STEP BACK, HOLD, LEFT TOE STRUT QUARTER TURN LEFT, RIGHT CROSSING TOE STRUT

1-4      Step forward on left, tap right toe behind left heel, step back on right, hold  
5-6      Turn ¼ turn left stepping left toe to left side, drop left heel to floor  
7-8      Cross step right toe over left, drop right heel to floor, (facing 3:00)

## SIDE LEFT, SLIDE, BACK ROCK, SIDE RIGHT, SLIDE, BACK ROCK

1-2      Long step left to left side, slide right towards left, (weight on left)  
3-4      Rock back on right, rock forward on left  
5-6      Long step right to right side, slide left towards right, (weight on right)  
7-8      Rock back on left, rock forward on right

## LEFT LOCK STEP FORWARD, HOLD, RIGHT FORWARD MAMBO, HOLD

1-4      Step forward on left, lock right behind left, step forward on left, hold  
5-8      Rock forward on right, rock back on left, step back on right, hold

## EXTENDED LOCK STEP BACK, BACK, SIDE, CROSS, HOLD

1-4      Step back on left, lock right across left, step back on left, lock right across left  
5-8      Step back on left, step right to right side, cross step left over right, hold, (facing 3:00)

## REPEAT

## ENDING

The music ends at the end of wall 7 (facing 9:00). Dance up to count 60 (Extended Lock Steps Back) then replace the last 4 counts as follows:

## SIDE ROCK, RECOVER ¼ TURN RIGHT, STEP FORWARD, HOLD, (TO END FACING 12:00 WALL)

1-4      Rock left to left side, recover on right turning ¼ turn right, step forward on left, hold