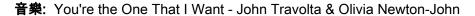
# Better Shape Up (P)



拍數: 32 牆數: 0 級數: Partner 編舞者: Tom O'Wesney (USA) & Janine O'Wesney (USA)





Position: Begin facing line of dance, man on inside of circle, lady on outside. Man's right hand holding lady's left. Weight (both Man & Lady) on outside feet

This dance is done in synchronization with the line dance "Better Shape Up" by Bud & Sharon Wenger

# STEP, TOUCH, STEP, TOUCH, STEP, BEHIND, TRIPLE STEPS

MAN	
1-4	Right step forward, touch left next to right, left step forward, touch right next to left
5-6	Right step forward, left behind right
7&8	Triple step in place (right, left, right)
LADY	
1-4	Left step forward, touch right next to left, right step forward, touch left next to right
5-6	Left step forward, right behind left
7&8	Triple step in place (left, right, left)

## STEP, TOUCH, STEP, TOUCH, STEP, BEHIND, TRIPLE STEPS

Left step forward, touch right next to left, right step forward, touch left next to right
Left step forward, right behind left
Triple step in place (left, right, left)
Right step forward, touch left next to right, left step forward, touch right next to left
Right step forward, left behind right
Triple step in place (right, left, right)

### STEP, TUCK, STEP, BRUSH, STEP, STEP, TURNING TRIPLE STEP

MAN	
17-20	Right step forward, tuck left behind right, right step forward, brush left forward
21-22	Left step forward, right step forward
23&24	Triple step (left, right, left) making a ¼ turn right facing outside and picking up lady's right hand
LADY	
17-20	Left step forward, tuck right behind left, left step forward, brush right forward
21-22	Right step forward, left step forward
23&24	Triple step (right, left, right) making a ¼ turn left facing inside and picking up man's left hand.

### VINE, TURNING TRIPLE STEP, STOMP, STEP, STOMP, HITCH

MAN	
25-26	Right over left, left next to right
27&28	Triple step (right, left, right) making a ¼ turn left facing LOD while dropping lady's right hand
29-32	Stomp left beside right, step right, stomp left beside right, hitch right knee
LADY	
25-26	Left over right, right next to left
27&28	Triple step (left, right, left) making a ¾ underarm turn left facing LOD while dropping man's left hand
29-32	Stomp right beside left, step left, stomp right beside left, hitch left knee

#### **REPEAT**

