

Better Shape Up (P)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 0 級數: Partner
編舞者: Tom O'Wesney (USA) & Janine O'Wesney (USA)
音樂: You're the One That I Want - John Travolta & Olivia Newton-John



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

MAN

9-12 Left step forward, touch right next to left, right step forward, touch left next to right
13-14 Left step forward, right behind left
15&16 Triple step in place (left, right, left)

LADY

9-12 Right step forward, touch left next to right, left step forward, touch right next to left
13-14 Right step forward, left behind right
15&16 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

