

# Shape I'm In

拍數: 32      牆數: 4      級數: Improver  
編舞者: Michelle Risley (UK) - May 2014  
音樂: The Shape I'm In - Alan Gregory : (iTunes)



## Right Out, Touch, Heel Hook, Lock Step, Repeat On Left

1&      Touch R Out To R Side, Touch R Toe Next To Left,  
2&      R Heel Forward, Hook R In Front Of L  
3&4      R Lock Forward  
5&      Touch L Out To L Side, Touch L Next To R,  
6&      L Heel Forward, Hook L In Front Of R  
7&8      Left Lock Forward

## Step 1/4 Cross, 1/2 Turn Cross, 1/2 Reverse Box, Hip Bumps

1&2      Step Forward Right, 1/4 Turn Left, Step Right Over Left (9oc)  
3&4      Turn 1/4 R, Step Back L, 1/4 R, Step R To Side, Cross L Over R (3oc)  
5&6      R Side, L Step Next To R, Step Back R  
7&8&      Step Back On Left Bumping Hip, L, R, L, R (Weight on R)

(Optional - 7&8& Left Hand On Hip, Right Hand Behind Head – “Shape I’m In”)

## Side Rock Cross, Side Rock Cross, Side Strut, Cross Strut

1&2      Side Rock Left, Recover, Step Left Over Right  
3&4      Side Rock Right, Recover, Step Right Over Left  
5&      Toe Strut Left Side (Travelling Left)  
6&      Cross Toe Strut, (Right Over Left)  
7&8      Side Rock Left, 1/4 Turn R, Step Forward L (6oc)

## R Lock Forward, 3/4 Pivot, Jump Back, Clap, Knee Pops

1&2      R Lock Forward (6oc)  
3&4      Step Forward L, Pivot 1/2 R, Turn 1/4 L Stepping L To Side (3oc)  
&5-6      Small 'Ba-Dum' Back R, L, Clap (Transfer Weight R)  
7&8&      Knee Pops, L, R, L, R

## Start The Dance Again!!

Music Finishes When You Are Facing 9:00 Wall, Simply Turn 1/4 R With You Final Knee Pop To Finish At The Front Wall.

Contact - ([www.peace-train.co.uk](http://www.peace-train.co.uk))