

# Shaping Up



Choreography:	Robbie McGowan Hickie
Description:	64 count, 4 wall, beginner/intermediate line dance
Music:	The Deans – The Shape I'm In

## 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

*...taught and danced in*

*Klitgården*

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