

Shape I'm In

32 Count, 4 Wall, Improver

Choreographer: Michelle Risley (UK) June 2014

Choreographed to: Shape I'm In by Alan Gregory

Start dancing on lyrics

RIGHT OUT, TOUCH, HEEL HOOK, LOCK STEP, REPEAT ON LEFT

- 1& Touch right side, touch right together
- 2& Touch right heel forward, hook right over
- 3&4 Locking chassé forward right-left-right
- 5& Touch left side, touch left together
- 6& Touch left heel forward, hook left over
- 7&8 Locking chassé forward left-right-left

STEP ¼ CROSS, ½ TURN CROSS, ½ REVERSE BOX, HIP BUMPS

- 1&2 Step right forward, turn ¼ left (weight to left), cross right over (9:00)
- 3&4 Turn ¼ right and step left back, turn ¼ right and step right side, cross left over (3:00)
- 5&6 Step right side, step left together, step right back
- 7&8& Rock left back and hip left, hip right, hip left, recover to right and hip right
- Option for 7&8&: left hand on hip, right hand behind head

SIDE ROCK CROSS, SIDE ROCK CROSS, SIDE STRUT, CROSS STRUT

- 1&2 Rock left side, recover to right, cross left over
- 3&4 Rock right side, recover to left, cross right over
- 5& Step left toe side, lower left heel
- 6& Cross right toe over, lower right heel
- 7&8 Step left side, turn ¼ right (weight to right), step left forward (6:00)

RIGHT LOCK FORWARD, ¾ TURN, JUMP BACK, CLAP, KNEE POPS

- 1&2 Locking chassé forward right-left-right
- 3&4 Step left forward, turn ½ right (weight to right), turn ¼ left and step left side (3:00)
- &5-6 Step right back, touch left together, clap
- 7& Raise left heel (pop left knee), raise right heel (pop right knee)
- 8& Raise left heel (pop left knee), raise right heel (pop right knee)

ENDING Music finishes when you are facing 9:00 wall.
Turn ¼ right with final knee pop to finish at the front wall.