



## Shape It Up

Count: 32 - Wall: 2 - Level: High Improver - **Tag:** After the 1st and 4th wall a 4 count tag

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Music: You're the One That I Want (with Caroline Kole) - Dylan Rockoff

Intro: 32 counts from first beat in music (app. 23 seconds into track)

### **[1 - 8] Mambo R Fwd, Swivel Back L R, Coaster Step, Ball Step, Scuff**

1&2 Rock R fwd (1), Recover on L (&), Step R back (2) 12:00

3-4 Step L diagonal back (3), Step R diagonal back (4) 12:00

5&6 Step L back (5), Step R next to L (&), Step L forward (6) 12:00

&7-8 Step R forward on ball (&), Step L forward (7), Scuff R forward (8) 12:00

### **[9 - 16] Cross Out-Out, Cross, 1/4 turn L, Step To Left, Jazzbox**

1&2 Cross R over L (1), Step L out to L side (&), Step R out to R side (2) 12:00

3&4 Cross L over R (3), 1/4 turn L step R back (&), Step L to L side (4) **(9:00)**

5-8 Cross R over L (5), Step L back (6),  
Step R to R side (7), Step L forward (8) (9:00)

### **[17 - 24] Step 1/2 L turn, 1/4 turn L, Touch on Left Side, Sailor 1/4 turn R, Cross Rock, Ball Cross, Step L Side**

1&2 Step R forward (1), 1/2 turn L weight to L (&), **(3:00)**  
1/4 turn L touching R to R side (2) **(12:00)**

3&4 Cross R behind L (3), 1/4 turn R stepping on L (&), Step R forward (4) **(3:00)**

5-6 Cross rock L over R (5), Recover on R (6) 3:00

&7-8 Step on ball of L next to R (&), Cross R over L (7), Step L to L side (8) 3:00

### **[25 - 32] Weave L, Fwd Rock L, Behind, 1/4 turn R, Forward, Walk R L**

1&2 Cross R behind L (1), Step L to L side (&), Cross R over L (2) 3:00

3-4 Rockstep L (3), Recover on R (4) 3:00

5&6 Cross L behind R (5), 1/4 turn R stepping R forward (&),  
Step L forward (6) **6:00)**

7-8 Walk R forward (7), Walk L forward (8) 6:00

**Tag: After wall 1 – ( 6:00) and 4 wall - (12:00) - be this following 4 count**

### **[1 - 4] Step fwd, Kick, Coaster Step**

1-2 Step R forward (1), Kick L forward (2)

3&4 Step L back (3), Step R next to L (&), Step L forward (4)

## Happy Dancing!

Quelle: <https://www.copperknob.co.uk>

