

# Shape I'm In

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Michelle Risley (May 2014)

**Music:** 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&4R 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&6R 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&2R 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))**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=98632](https://www.linedance.com/index.php?f=dance_view&id=98632)