

You Better Shape Up

LINEDANCE.COM

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Sophie Stevens (UK) - April 2026

32 Count Intro

SEC 1 V-Step, V-Step

- 1-2 Step right forward to right diagonal, step left to left
- 3-4 Step right back, step left beside right
- 5-6 Step right forward to right diagonal, step left to left
- 7-8 Step right back, step left beside right

Restart Here on Wall 4

SEC 2 Vine, Touch, Side, Touch, Side, Touch

- 1-2 Step right to right, step left behind right
- 3-4 Step right to right, touch left beside right
- 5-6 Step left to left, touch right beside left
- 7-8 Step right to right, touch left beside right

SEC 3 Vine, Touch, Step, Touch, Back, Touch

- 1-2 Step left to left, step right behind left
- 3-4 Step left to left, touch right beside left
- 5-6 Step right forward, touch left beside right
- 7-8 Step left back, touch right beside left

SEC 4 Jazzbox, $\frac{1}{4}$ Jazzbox

- 1-2 Cross right over left, step left back
- 3-4 Step right to right, step left forward
- 5-6 Cross right over left, turn $\frac{1}{4}$ right step left back (3:00)
- 7-8 Step right to right, step left forward

Tag At the end of Wall 6

$\frac{1}{4}$ Jazzbox

1-2 Cross right over left, turn $\frac{1}{4}$ right step left back (6:00)

3-4 Step right to right, step left forward

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=PBL243J