

# Better Shape Up

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**Count:** 48

**Wall:** 2

**Level:** Phrased Easy Intermediate

**Choreographer:** Jazmine Tan (MY) – May 2017

**Music:** You're The One That I Want – Grease

**Intro : 16 count - Sequence : A, A, Tag, B, A- (dance 1st x 8 count), A, A, Tag, B, B, B**

**Part A : 32 counts**

**Sec A1 : Diagonal lock step forward R, L, Mambo front R, Mambo back L**

- 1 & 2** Step R diagonal forward, step L behind R, step R forward
- 3 & 4** Step L diagonal forward, step R behind L, step L forward
- 5 & 6** Rock R forward, recover on L, step R back
- 7 & 8** Rock back L, recover on R, step L forward

**Sec A2 : Charleston 1/4 L x 2**

- 1 - 4** Swing R to front & back step R back, swing L to behind with 1/4 turn L & front step L forward (9)
- 5 - 8** Swing R to front & back step R back, swing L to behind with 1/4 turn L & front step L forward (6)

**Sec A3 : R chasse, Rock back, Swivel L, Swivel R**

- 1 & 2** Step R to R, close L next to R, step R to R
- 3 - 4** Rock L behind R, recover on R
- 5 & 6** Step L to L as to swivel both heel to L, R, L,
- 7 & 8** Swivel both heels R, L, R (weight on L)

**[option: flick your R to R side ]**

**Sec A4 : R Jazz box x 2**

- 1 - 4** Cross R over L, step back on L, step R to R, cross L over R
- 5 - 8** Cross R over L, step back on L, step R to R, cross L over R (push hip backward)

**TAG : Out Out In In**

- 1 - 4** Step R out , step L out, step R in, step L in

## **Part B: 16 counts**

### **B1: Hand Jive x 3 times**

- 1&2&** Slap both hand on thighs twice, clap hands twice
- 3&4&** Crisscross R hand over L hand twice, crisscross L hand over R hand twice
- 5&6&** Hammer R fist twice on top of L fist, hammer L fist twice on top of R fist
- 7&8&** Point R thumb over R shoulder, point L thumb over L shoulder

**( make a 1/4 jump turning L on the 2nd & 3rd time you start the hand jive on count 1 )**

### **B2: R Side together Side, L Side together Side (Body facing diagonal)**

- 1&2** Step R to R, close L to R, step R to R

**(move 2 R fingers down & 2 L fingers up sideways simultaneously as you move)**

- 3&4** Step L to L, close R to L, step L to L

**(move 2 L fingers down & 2 R fingers up sideways simultaneously as you move)**

- 5&6** Step R to R, close L to R, step R to R

**(hold L hand on waist & circle R hand upward)**

- 7&8** Step L to L, close R to L, step L to L

**(hold L hand on waist & circle R hand upward)**

**Ending facing front.**

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