

In Good Shape

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Count: 64

Wall: 4

Level: Improver / Easy Intermediate

Choreographer: Diana Dawson – July 2009

Music: "The Shape I'm In" by Just John Album: Working On Dreams

Also by: "The Deans", Album: Multiplication. Start on vocals

Country music: "This Time" by Sawyer Brown Album "...Greatest Hits..."

Section 1: RIGHT CHASSE, LEFT BACK, ROCK, SIDE

1-2-3-4 Step right to right side, close left next to right, step right to right side, hold

5-6-7-8 Step back on left slightly behind right, rock forward onto right, step left to left side, hold

Section 2: WEAVE LEFT, RIGHT BACK, ROCK, STEP FORWARD

1-2-3-4 Step right behind left, step left to left side, cross step right over left, step left to left side

5-6-7-8 Step back on right foot, rock forward onto left, step forward on right, hold

Section 3: LEFT STEP, PIVOT 1/2 TURN, STEP, FULL TURN TRIPLE FORWARD(or shuffle - no turn)

1-2-3-4 Step forward on left foot, pivot 1/2 turn right, step forward on left foot, hold [6:00]

5-6 Make 1/2 turn left stepping back on right, 1/2 turn left stepping forward on left, [6:00]

7-8 Step forward on right, hold

(No-turn optional steps 5-8 - Right shuffle forward stepping - Right, Left, Right, Hold)

Section 4: LEFT HIP BUMPS,

1-2-3-4 Step left foot diagonally forward left, bumping hips Left, Right, Left, Hold

5-6-7-8 Step right foot diagonally forward right, bumping hips Right, Left, Right, Hold

Section 5: CHARLESTON, COASTER STEP

1-2 Swing left foot forward to touch left toes in front of right, hold

3-4 Swing left foot backwards, stepping onto left foot, Hold

5-6-7-8 Step back on right foot, step left next to right, step forward on right, hold

Section 6: LEFT FORWARD LOCK, FORWARD, RIGHT STEP, PIVOT 1/4 LEFT, CROSS

1-2-3-4 Step left forward, lock step right up behind left, step left forward, hold

5-6-7-8 Step right forward, pivot 1/4 turn left, cross step right over left, hold [9:00]

Section 7: POINT LEFT, TOGETHER, MONTEREY 1/2 TURN, POINT LEFT, TOGETHER, POINT RIGHT

1-2 Point left toes to left side, step left next to right

3-4 Point right toes to right side, make 1/2 turn right on ball of left, stepping right beside left
[3:00]

5-6-7-8 Point left to left side, step left next to right, Point right to right side, hold

Section 8: RIGHT CROSS, ROCK, RIGHT SIDE, LEFT CROSS, ROCK, LEFT SIDE, TOUCH

1-2-3-4 Cross right over left, rock back onto left, step right to right side, Cross left over right,

5-6-7-8 Rock back onto right foot, Step left to left side, Touch right next to left, Hold

Begin Again