

# BETTER SHAPE UP

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**Count:** 32

**Wall:** 4

**Level:** —

**Choreographer:** Bud & Sharon Wenger

**Music:** You're The One That I Want by Olivia Newton-John & John Travolta

## STEP RIGHT TO RIGHT, TOUCH LEFT, FORWARD LEFT, TOUCH RIGHT, CROSS RIGHT OVER LEFT, RIGHT COASTER STEPS

- 1 Step right to right side
- 2 Touch left next to right
- 3 Step left forward
- 4 Touch right next to left
- 5 Cross right over left
- 6 Step left back
- 7 Step right back
- & Close left next to right
- 8 Step right forward

## MIRROR FIRST 8 COUNTS TO LEFT

- 9 Step left to left side
- 10 Touch right next to left
- 11 Step right forward
- 12 Touch left next to right
- 13 Cross left over right
- 14 Step right back
- 15 Step left back
- & Close right next to left
- 16 Step left forward

## RIGHT FORWARD TUCK STEPS, BRUSH LEFT, CROSS LEFT OVER RIGHT, BACK RIGHT, LEFT SAILOR SHUFFLE

- 17 Step right forward

- 18 Tuck left behind right
- 19 Step right forward
- 20 Brush left forward
- 21 Cross left over right
- 22 Step right back
- 23 Step left behind right
- & Close right next to left
- 24 Step left to left

**RIGHT CROSS OVER STEPS, RIGHT COASTER WITH  $\frac{1}{4}$  RIGHT TURN, STOMP LEFT, ROMP STEP, STOMP RIGHT FORWARD, SCISSOR STEP, HITCH RIGHT KNEE**

- 25 Cross right over left
- 26 Close left next to right
- 27 Step right back
- & Step left next to right
- 28 Turning  $\frac{1}{4}$  to right step forward on right
- 29 Stomp left beside right
- & Rock back on heels fan toes apart
- 30 Bring toes down and together
- 31 Stomp right in front of left
- & Swivel heels in toward each other (pivoting on the balls of both feet)
- 32 Swivel heels back to center
- & Hitch right knee

**REPEAT**

**When dancing to "You're The One That I Want" you may add these steps:**

**4 COUNT INTRO AT BEGINNING**

- 1-2 Bump hips left-right
- 3&4 Bump hips left-right-left

**Complete 32 count dance three times (now facing 3rd wall, add two vines only once)**

**1-4** Vine right touch left

**5-8** Vine left with touch right

**Continue dance as choreographed**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=63017](https://www.linedance.com/index.php?f=dance_view&id=63017)