

Love Your Body

LINEDANCE.COM

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Forty Arroyo - 2/12/17

Music: Shape Of You by Ed Sheeran - iTunes

Starts 16 counts in on vocals

[1-8] STEP, CLOSE, TOUCH, CROSS, STEP, STEP, SHUFFLE, CHASE TURN

- 1&2** Step forward R diagonal, Step L next to R, Touch R forward diagonal
- 3&4** Cross R over L, Step slightly back on L, Step R to side
- 5&6** Shuffle forward - L, R, L
- 7&8** Step forward on R, Pivot ½ turn to left, Step forward on R (end at 6:00)

[9-16] REPEAT STEPS [1-8] WITH REVERSE FOOTWORK

- 1&2** Step forward L diagonal, Step R next to L, Touch L forward diagonal
- 3&4** Cross L over R, Step slightly back on R, Step L to side
- 5&6** Shuffle forward - R, L, R
- 7&8** Step forward on L, Pivot ½ turn to right, Step forward on L (end at 12:00)

[17-24] CROSS, ROCK, RECOVER (REPEAT) , SYNCOPATED SAILORS, TOUCH

- 1&2** Cross/rock R in front of L, Step L in place, Step R to side
- &3&4** Step L in place, Cross/rock R in front of L, Step L in place, Step R to side
- 5&6** Step L behind R, Step R next to L, Step L to side
- &7&8** Step R behind L, Step L next to R, Step R to side, Slide and touch L next to R (end at 12:00)

[25-32] REPEAT STEPS [17-24] WITH REVERSE FOOTWORK

- 1&2** Cross/rock L in front of R, Step R in place, Step L to side
- &3&4** Step R in place, Cross/rock L in front of R, Step R in place, Step L to side
- 5&6** Step R behind L, Step L next to R, Step R to side
- &7&8** Step L behind R, Step R next to L, Step L to side, Slide and touch R next to L (end at 12:00)

[33-40] STEP & SWIVEL (3X), ½ TURN WITH HIP ROTATION

- 1&2** Step R to side, Swivel L heel in, Step L in place

- 3&4** Swivel R heel in, Step R in place, Swivel L heel in, Step L in place
- 5&** Step slightly forward on R, pivot 1/8 turn to left - rotating hips CCW (weight on L)
- 6&7&8&** Repeat steps (5&) - 3 more times - (end at 6:00)

[41-48] REPEAT STEPS[33-40]- WITH ¼ TURN

- 1&2** Step R to side, Swivel L heel in, Step L in place
- 3&4** Swivel R heel in, Step R in place, Swivel L heel in, Step L in place
- 5&** Step slightly forward on R, Start turning ¼ to left - rotating hips CCW
- 6&7&8&** Repeat steps (5&) - 3 more times completing ¼ turn left - (end at 3:00)

[49-56] MAMBO - FORWARD & BACK, RIGHT & LEFT

- 1&2** Rock forward on R, Recover weight on L, Step R next to L
- 3&4** Rock forward on L, Recover weight on R, Step L next to R
- 5&6** Rock R to side, Recover weight on L, Step R next to L
- 7&8** Rock L to side, Recover weight on R, Step L next to R (end at 3:00)

[57-64] SHUFFLE FWD, WALK BACK, SHUFFLE FWD, WALK BACK

- 1&2** Shuffle forward right diagonal - R, L, R
- 3,4** Step back L diagonal, Step back R squaring off to 3:00 (shimmey as you step back)
- 5&6** Shuffle forward left diagonal - L, R, L
- 7,8** Step back R diagonal, Step back L squaring off to 3:00 (shimmey as you step back)

(Start over)

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