

# Shape It Up



Offizielle Tanzbeschreibung des  
\*\*\* Bundesverband für Country Westerntanz Deutschland e.V. \*\*\*  
**Deutsche Meisterschaft 2022**

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Description:	2 Wall, 32 Counts, Non-Country
Level:	<b>Novice - Dance C</b>
Motion / Rhythm:	Smooth - WCS
Music:	You're The One That I Want - Dylan Rockoff & Caroline Kole
Choreographer:	Daniel Trepap (NL) & Jose Miguel Belloque Vane (NL) & Roy Verdonk (NL)

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## **MAMBO R FWD, SWIVEL BACK L R, COASTER STEP, BALL STEP, SCUFF**

- 1&2 Rock R forward, Recover on L, Step R back  
3,4 Step L diagonal back, Step R diagonal back  
5&6 Step L back, Step R next to L, Step L forward  
&7,8 Step R forward on ball of foot, Step L forward, Scuff R forward

## **CROSS OUT-OUT, CROSS, ¼ TURN L, OUT, JAZZ BOX**

- 1&2 Cross R over L, Step L out to L side, Step R out to R side  
3&4 Cross L over R, ¼ turn L stepping R back, Step L out to L side (9:00)  
5,6,7,8 Cross R over L, Step L back, Step R to R side, Step L forward

## **STEP PIVOT ½ TURN L, ¼ TURN L, TOUCH, SAILOR ¼ TURN R, CROSS ROCK, BALL CROSS, SIDE**

- 1&2 Step R forward, ½ turn L changing weight to L, ¼ turn L touching R to R side (12:00)  
3&4 Cross R behind L, ¼ turn R stepping on L, Step R forward (3:00)  
5,6 Cross rock L over R, Recover on R  
&7,8 Step on ball of L next to R, Cross R over L, Step L to L side

## **WEAVE L, ROCK STEP L, BEHIND, ¼ TURN R, FORWARD, WALK R L**

- 1&2 Cross R behind L, Step L to L side, Cross R over L  
3,4 Rock L to L side, Recover on R  
5&6 Cross L behind R, ¼ turn R stepping R forward, Step L forward (6:00)  
7,8 Walk R forward, Walk L forward

## **TAG: (After wall 1 and 4)**

### **STEP FWD, KICK, COASTER STEP**

- 1,2 Step R forward, Kick L forward  
3&4 Step L back, Step R next to L, Step L forward