

# Shape I'm In

---

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Michelle Risley (UK) - May 2014

**Music:** Shape I'm In - Alan Gregory (iTunes)

---

## **Right Out, Touch, Heel Hook, Lock Step, Repeat On Left**

1& Touch R Out To R Side, Touch R Toe Next To Left,  
2& R Heel Forward, Hook R In Front Of L  
3&4 R Lock Forward  
5& Touch L Out To L Side, Touch L Next To R,  
6& L Heel Forward, Hook L In Front Of R  
7&8 Left Lock Forward

## **Step 1/4 Cross, 1/2 Turn Cross, 1/2 Reverse Box, Hip Bumps**

1&2 Step Forward Right, 1/4 Turn Left, Step Right Over Left (9oc)  
3&4 Turn 1/4 R, Step Back L, 1/4 R, Step R To Side, Cross L Over R (3oc)  
5&6 R Side, L Step Next To R, Step Back R  
7&8& Step Back On Left Bumping Hip, L, R, L, R (Weight on R)

**(Optional - 7&8& Left Hand On Hip, Right Hand Behind Head – “Shape I’m In”)**

## **Side Rock Cross, Side Rock Cross, Side Strut, Cross Strut**

1&2 Side Rock Left, Recover, Step Left Over Right  
3&4 Side Rock Right, Recover, Step Right Over Left  
5& Toe Strut Left Side (Travelling Left)  
6& Cross Toe Strut, (Right Over Left)  
7&8 Side Rock Left, 1/4 Turn R, Step Forward L (6oc)

## **R Lock Forward, 3/4 Pivot, Jump Back, Clap, Knee Pops**

1&2 R Lock Forward (6oc)  
3&4 Step Forward L, Pivot 1/2 R, Turn 1/4 L Stepping L To Side (3oc)  
&5-6 Small 'Ba-Dum' Back R, L, Clap (Transfer Weight R)  
7&8& Knee Pops, L, R, L, R

**Start The Dance Again!!**

**Music Finishes When You Are Facing 9:00 Wall, Simply Turn 1/4 R With You Final Knee Pop To Finish At The Front Wall.**

**Contact - ([www.peace-train.co.uk](http://www.peace-train.co.uk))**