

# Better Shape Up

Count: 48

Wall: 2

Level: Phrased Easy Intermediate

Choreographer: Jaszmine Tan (MY) – May 2017

Music: You're The One That I Want – Grease

**Intro : 16 count - Sequence : A, A, Tag, B, A- (dance 1st x 8 count), A, A, Tag, B, B, B**

## Part A : 32 counts

### Sec A1 : Diagonal lock step forward R, L, Mambo front R, Mambo back L

1 & 2 Step R diagonal forward, step L behind R, step R forward  
3 & 4 Step L diagonal forward, step R behind L, step L forward  
5 & 6 Rock R forward, recover on L, step R back  
7 & 8 Rock back L, recover on R, step L forward

### Sec A2 : Charleston 1/4 L x 2

1 – 4 Swing R to front & back step R back, swing L to behind with 1/4 turn L & front step L forward (9)  
5 – 8 Swing R to front & back step R back, swing L to behind with 1/4 turn L & front step L forward (6)

### Sec A3 : R chasse, Rock back, Swivel L, Swivel R

1 & 2 Step R to R, close L next to R, step R to R  
3 – 4 Rock L behind R, recover on R  
5 & 6 Step L to L as to swivel both heel to L, R, L,  
7 & 8 Swivel both heels R, L, R (weight on L)

**[option: flick your R to R side ]**

### Sec A4 : R Jazz box x 2

1 – 4 Cross R over L, step back on L, step R to R, cross L over R  
5 – 8 Cross R over L, step back on L, step R to R, cross L over R (push hip backward)

### TAG : Out Out In In

1 – 4 Step R out , step L out, step R in, step L in

## Part B: 16 counts

### B1: Hand Jive x 3 times

1&2& Slap both hand on thighs twice, clap hands twice  
3&4& Crisscross R hand over L hand twice, crisscross L hand over R hand twice  
5&6& Hammer R fist twice on top of L fist, hammer L fist twice on top of R fist  
7&8& Point R thumb over R shoulder, point L thumb over L shoulder

**( make a 1/4 jump turning L on the 2nd & 3rd time you start the hand jive on count 1 )**

### B2: R Side together Side, L Side together Side (Body facing diagonal)

1&2 Step R to R, close L to R, step R to R  
**(move 2 R fingers down & 2 L fingers up sideway simultaneously as you move)**  
3&4 Step L to L, close R to L, step L to L  
**(move 2 L fingers down & 2 R fingers up sideway simultaneously as you move)**  
5&6 Step R to R, close L to R, step R to R  
**(hold L hand on waist & circle R hand upward)**  
7&8 Step L to L, close R to L, step L to L  
**(hold L hand on waist & circle R hand upward)**

**Ending facing front.**

**Contact ~ Email: [jaszdanze@gmail.com](mailto:jaszdanze@gmail.com)**