

## Shape I'm In

**Count:** 32      **Wall:** 4      **Level:** Improver  
**Choreographer:** Michelle Risley (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.**