



Shape It Up

**Choreographers: Daniel Trepas (NL) & Jose Miguel Belloque Vane (NL)
& Roy Verdonk (NL)**

~Official GOLD competition dance 2022 - 2023~

Type of dance: 32 Count, 2 Walls, West Coast Swing - Line Dance
 Level: Novice
 Music: "You're The One That I Want" by Dylan Rockoff & Caroline Kole
 Intro: 32 counts from first beat in music (app. 23 seconds into track)
 Tag: After the 1st and 4th wall a 4 count tag (see below for more details)

Counts	Footwork	End facing
1 – 8	Mambo R Fwd, Swivel Back L R, Coaster Step, Ball Step, Scuff	
1&2	Rock R forward (1), Recover on L (&), Step R back (2)	12:00
3 – 4	Step L diagonal back (3), Step R diagonal back (4)	12:00
5&6	Step L back (5), Step R next to L (&), Step L forward (6)	12:00
&7 – 8	Step R forward on ball of foot (&), Step L forward (7), Scuff R forward (8)	12:00
9 – 16	Cross Out-Out, Cross, ¼ turn L, Out, Jazz Box	
1&2	Cross R over L (1), Step L out to L side (&), Step R out to R side (2)	12:00
3&4	Cross L over R (3), ¼ turn L stepping R back (&), Step L out to L side (4)	9:00
5 – 8	Cross R over L (5), Step L back (6), Step R to R side (7), Step L forward (8)	9:00
17 – 24	Step Pivot ½ Turn L, ¼ Turn L, Touch, Sailor ¼ Turn R, Cross Rock, Ball Cross, Side	
1&2	Step R forward (1), ½ turn L changing weight to L (&), ¼ turn L touching R to R side (2)	12:00
3&4	Cross R behind L (3), ¼ turn R stepping on L (&), Step R forward (4)	3:00
5 – 6	Cross rock L over R (5), Recover on R (6)	3:00
&7 – 8	Step on ball of L next to R (&), Cross R over L (7), Step L to L side (8)	3:00
25 – 32	Weave L, Rock Step L, Behind, ¼ turn R, Forward, Walk R L	
1&2	Cross R behind L (1), Step L to L side (&), Cross R over L (2)	3:00
3 – 4	Rock L to L side (3), Recover on R (4)	3:00
5&6	Cross L behind R (5), ¼ turn R stepping R forward (&), Step L forward (6)	6:00
7 – 8	Walk R forward (7), Walk L forward (8)	6:00
Tag	After wall 1 and 4 will be this following 4 count	
1 – 4	Step fwd, Kick, Coaster Step	
1 – 2	Step R forward (1), Kick L forward (2)	
3&4	Step L back (3), Step R next to L (&), Step L forward (4)	