

# Countryfriends83

Ecole de Danse

## SHAPE OF YOU

**Count:** 32 **Wall:** 2 **Level:** Beginner

**Choreographer:** Chris Ng (Malaysia) - March 2017

**Music:** Shape of You by Ed Sheeran

**Intro: 16 counts**

### **SIDE MAMBO, SIDE MAMBO, FWD MAMBO, BACK BODY ROLL**

- 1&2 Rock L side, recover R, close L next to R  
3&4 Rock R side, recover L, close R next to L  
5&6 Rock L fwd, recover R, step back L  
7, 8 Step R back with back body roll (12:00)

### **SIDE, TOGETHER, ¼ TURN L FWD, FWD MAMBO, BACK MAMBO, TOUCH SIDE, TOUCH FWD**

- 1&2 Step L to L side, close R next L, ¼ turn L fwd  
3&4 Rock R fwd, recover L, step back R  
5&6 Rock L back, recover R, step fwd L  
7, 8 Touch R to R side, touch R fwd (9:00)

### **OUT, OUT, IN, IN, FWD, ¼ L, CLOSE, POP KNEES OUT, POP KNEES IN**

- 1,2,3,4 Step R out R diagonally, step L out L diagonally, step back R, step L next to R  
5,6,7 Step R fwd, ¼ turn L, close R next to L (arms touch across in front body)  
8 & Pop knees out (pull both elbows slidely out, look to L),  
pop knees in (push both elbows in, look to center) (Weight's on L) (6:00)

### **CROSS SAMBA, CROSS SAMBA, JAZZBOX, TOUCH**

- 1&2 Cross R over L, step L to L side, step R to R side  
3&4 Cross L over R, step R to R side, step L to L side  
5,6,7,8 Cross R over L, step back L, step R to R side, touch L next to R (6:00)

**Cathy MERIOT** - Choréographe / Instructor

106 I chemin des Jardins

**83920 LA MOTTE en PROVENCE**

tél : 06.61.17.10.82 courriel : [cathy.meriot83@sfr.fr](mailto:cathy.meriot83@sfr.fr)

[www.countryfriends83.fr](http://www.countryfriends83.fr)