

The Shape of You

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Trevor Thornton (Florida, USA) Branden Swift (January 2017)

Music: Shape of You by Ed Sheeran, iTunes



Count In: 16 ct Intro

[1 – 8] R MAMBO FWD, L MAMBO BACK, ½ CHASE TURN L, ¼ PADDLE TURN X3

1 & 2 Rock fwd on R (1), recover weight to L (&), rock back on R taking weight (2) 12
3 & 4 Rock back on L (3), recover weight fwd to R (&), rock fwd on L taking weight (4) 12
5 & 6 Step fwd on R (5), ½ turn L (&), step fwd on R (6) 6
7 & 8 & ¼ turn R while touching L to L (7) ¼ turn R (&) touch L to L (8) ¼ turn to R (&) 3

[9 – 16] STEP L, WEAVE L, ¼ TURN L SWEEP WITH R, CROSS, BACK X2, CROSS, ROCK BACK, ROCK FWD

1 Step L to L (1) 3
2 & 3 Step R behind L (2), step L to L (&), cross R over L (4) 3
4 - 5 & 6 Make ¼ L stepping on L as you sweep R over L (4), cross R over L (5), step
back on L (&), step back on R (6) 12
& 7 - 8 Cross L over R (&), rock back on R (7), recover weight fwd to L (8) 12

[17 – 25] ROCK BACK, SLIDE FWD MAKING ¼ R, DRAG R MAKING ½ TURN R, TRIPLE FWD, MAMBO W/ ½ TURN L, ¾ TURN L, CROSSING SHUFFLE

& 1 Rock back on R (&), slide fwd on L *(1) 12 / 3
2 Drag R into L as you're turning ½ R w/ touch (2) 9
3 & 4 Step fwd on R (3), step together w/ L (&), step fwd on R*(4) 9
5 & 6 Rock fwd on L (5), recover weight back onto R (&), ½ L stepping fwd on L (6) 3
7 & 8 & 1 Make ½ turn L stepping back on R (7), ¼ turn L stepping L to L (&), cross R over
L (8), step L to L (&), cross R over L (1) 6

*Styling Ct 1: Begin making a slight turn to the R here

Cts 3&4: Roll your body into the triple step.

[26 – 32] ¼ TURN L, HITCH L, R PONY STEP, BACK ON R, ½ TURN ROLL OVER L (ARMS)

2 - 3 Make ¼ to L step L fwd (2), hitch L up taking weight back on R *(3) 3
4 & 5 Step back on L, hitching R up (4), step down on R (&), step back on L as you hitch R up
again (5) 3
6 - 8 Step back on R (6), point L toe back (7), slow ½ L turning on L taking weight *Arms (8)
9

*Styling On 1st wall, you can throw your hands up on the hitch after he sings "throw your hands up" in the lyrics.

Ct 7-8: R arm moves like a wave as you slowly unwind or turn ½ to L.

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