You Better Shape Up

Count: 32 **Wall:** 4 **Level:** Absolute Beginner
Choreographer: Sophie Stevens (UK) - April 2026
Music: You're The One That I Want - DJ N'Farmer feat. alba kras & tony t

32 Count Intro

SEC 1 V-Step, V-Step

1-2	Step right forward to right diagonal, step left to left
3-4	Step right back, step left beside right
5-6	Step right forward to right diagonal, step left to left
7-8	Step right back, step left beside right

Restart Here on Wall 4

SEC 2 Vine, Touch, Side, Touch, Side, Touch

1-2	Step right to right, step left behind right
3-4	Step right to right, touch left beside right
5-6	Step left to left, touch right beside left
7-8	Step right to right, touch left beside right

SEC 3 Vine, Touch, Step, Touch, Back, Touch

1-2	Step left to left, step right behind left
3-4	Step left to left, touch right beside left
5-6	Step right forward, touch left beside right
7-8	Step left back, touch right beside left

SEC 4 Jazzbox, ¼ Jazzbox

1-2	Cross right over left, step left back
3-4	Step right to right, step left forward
5-6	Cross right over left, turn ¼ right step left back (3:00)
7-8	Step right to right, step left forward

Tag At the end of Wall 6
¼ Jazzbox

1-2	Cross right over left, turn ¼ right step left back (6:00)
3-4	Step right to right, step left forward