

# The Shape I'm In

Easy Intermediate Clogging Routine

Music: "The Shape I'm In" by Hot Apple Pie

Choreo: Jeff Driggs, P. O. Box 1352, St. Albans, WV 25177-1352 (304)727-9357 www.doubletoe.com

Left Foot Lead, Wait 16 beats

## Part A

DS BR SL DS(XIF) R S(XIF) R S(XIF) BR SL DS R S  
 L R L R L R L R L R L R L R L  
 &1 & 2 &3 & 4 & 5 & 6 &7 & 8

DS BR SL DS(XIF) R S(XIF) R S(XIF) BR SL DS R S  
 R L R L R L R L R L R L R L R -  
 &1 & 2 &3 & 4 & 5 & 6 &7 & 8

DS DS(XIF) DR S DR S R S DS DS R S  
 L R R L L R L R L R L R L R  
 &1 &2 & 3 & 4 & 5 &6 &7 & 8

DSRS DSRS DSRS DSRS  
 L RL R LR L RL R LR  
 &1&2 &3&4 &5&6 &7&8

Repeat Part A

## Part B

DS DS DS BR SL H FLAP STEP DS R S  
 L R L R L R R R L R L  
 &1 &2 &3 & 4 5 & 6 &7 & 8

S(XIB) S S S(XIB) S S S S PIVOT-1/2-L S  
 L R L R L R L R L R  
 5 & 6 7 & 8 9 10 11 12

Repeat all above to face front

Repeat Part A

Left Foot Lead, Wait 16 Beats

## Part A

Utah Brush  
*Moving Left*

Utah Brush  
*Moving Right*

Samantha

4 Basics Turning  
*Turning left 360°*

## Part A

Utah Brush Left  
 Utah Brush Right  
 Samantha  
 4 Basics Turning

## Part B

Triple Brush, Turkey  
*Moving Forward*

DogPaddles Back, March B-Ball  
*½ right to face back on B-Ball*

Repeat to face front

Repeat Part A

Utah Brush Left  
 Utah Brush Right  
 Samantha

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Left Foot Lead, Wait 16 beats

Repeat Part B

Repeat Part A

1<sup>st</sup> Modified Part C

Country Dance Wait for four beat intro

S	S(XIB)	S	S(XIF)	R(F)	S	S	R	S
L	R	L	R	L	R	L	R	L
1	2	3	4	5	6	7	&	8

Pivot- $\frac{1}{4}$ -L	S	Pivot- $\frac{1}{4}$ -L	S	Pivot- $\frac{1}{4}$ -L	S	Pivot- $\frac{1}{4}$ -L	S
R	L	R	L	R	L	R	L
1	2	3	4	5	6	7	8

Repeat on opposite foot moving right and turning right

Country Dance More!

Left Foot Lead, Wait 16 Beats

Repeat Part B

Triple Brush Forward, Turkey  
DogPaddles Back, March B-Ball  
Triple Brush Forward, Turkey  
DogPaddles Back, March B-Ball

Repeat Part A

Utah Brush Left  
Utah Brush Right  
Samantha  
4 Basics Turning

1<sup>st</sup> Modified Part C

Do 3 sets of  
Chain Rock, Joey  
Brush N Turn 3/4, Fancy Double  
then Chain Rock, Joey  
then STOMP on beat 1  
look front then face front

Country Dance

Grapevine behind Rock Cha Cha

Shoo Away Pivots  
hand "shoo away" on each

Repeat on Opposite Footwork

Country Dance Again!

Grapevine behind Rock Cha Cha  
Shoo Away Pivots  
Grapevine behind Rock Cha Cha  
Shoo Away Pivots