

ADVANCED

SHAPE OF YOU

ARTIST: ED SHEERAN

THE SEQUENCE

WAIT 16 A B C D A B C D B C D

A
BOUNCE & SWISH
DS DS(XIB) LIFT S T HOP S SW HOP SW
HOP
S T LIFT/HOP S T S T

SKUFF & HEELS
S SK HOP S SK HOP D S HLSS
HL HL HL HL HL STA SL SL STO

BOUNCE & SWISH
SKUFF & HEELS

B
2 SAMBA FRONT
2 SAMBA SIDE

STOMP & PULLBACK
HAND CLAP AND HIPS

STOMP & PULLBACK
HAND CLAP AND HIPS

REPEAT ALL

C
PULL TURN
DS D(X) D S S S (TURN ½ R)
S R S D SWITCH SWITCH SL

TOE HEEL UNSLUR
DS SK HOP BR S T HOP T S
T HOP T S HL S S(X) UNSLUR
S S S DBL S TCH

PULL TURN
TOE HEEL UNSLUR

D
DOUBLE & LIFT
ST DBL DBL ST DBL LIFT
ST DBL DBL ST DBL LIFT
ST DBL DBL ST DBL DBL
ST DBL DBL ST DBL LIFT

HEELS & FLAP
D S HL HL TOE S FL S
HL HL TOE S FL S
S S FL HOP S FL HOP ST FL
HOP ST S S S

DOUBLE & LIFT
HEELS & FLAP

A
BOUNCE & SWISH
SKUFF & HEELS

BOUNCE & SWISH
SKUFF & HEELS

B
2 SAMBA FRONT
2 SAMBA SIDE

STOMP & PULLBACK
HAND CLAP AND HIPS

STOMP & PULLBACK
HAND CLAP AND HIPS

REPEAT ALL

C
PULL TURN
TOE HEEL UNSLUR

PULL TURN

D
DOUBLE & LIFT
HEELS & FLAP

DOUBLE & LIFT
HEELS & FLAP

B
2 SAMBA FRONT
2 SAMBA SIDE

STOMP & PULLBACK
HAND CLAP AND HIPS

STOMP & PULLBACK
HAND CLAP AND HIPS

REPEAT ALL

C
PULL TURN
TOE HEEL UNSLUR

PULL TURN
TOE HEEL UNSLUR

D
DOUBLE & LIFT
HEELS & FLAP

DOUBLE & LIFT
HEELS & FLAP