



All Shapes & Sizes



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Type of dance:	Phrased dance. A: 32 counts, B: 16 counts C: 64 counts
Level:	Advanced
Phrasing:	A, B, B, C, A, B, B, C, B, C*, B, Ending
Music:	On 3 rd C you only dance the first 32 counts and then go straight into B
Intro:	'Shape of You' by Ed Sheeran. Buy on iTunes. 16 counts (app. 9 seconds into track)

A SECTION (Always starts facing 12:00)

Counts	Footwork	End facing
1-8	Samba basic R, L, Volta turn ¼ R sweep, Cross ¼ L,	
1-2&	Step R to R side, rock L back, recover onto R (basic samba step)	12:00
3-4&	Repeat with L	12:00
5&6&7	Turn ¼ R crossing R slightly over L, ball L next to R, turn ¼ R crossing R slightly over L, ball L next to R, turn ¼ R crossing R slightly over L sweeping L cw	09:00
8&	Cross L over R, turn ¼ L stepping R back	06:00
9-16	¼ L, Together x2, Vine ¼ R, Rocking chair, Slow soft hitch, Step	
1-2&	Turn ¼ L stepping L to L side, step R next to L, step L in place	03:00
3-4&	Step R to R side, cross L behind R, turn ¼ R stepping R fw	06:00
5&6&	Rock L fw, recover onto R, rock L back, recover onto R	06:00
7-8	Soft hitch L, step L fw (<i>note: imagine you're taking the step in slow motion</i>)	06:00
17-24	Heel swivel ¼ R x2, Sweep, Sailor ½ R, Step heel swivel x2, Back rock, Vine ¼ R	
&1	Swivel R heel ¼ R, swivel L heel ¼ R sweeping R cw	12:00
2&3	Turn ¼ R crossing R behind L, turn ¼ R stepping L in place, cross R slightly over L	06:00
&4&5&	Step L to L side, swivel R heel in, swivel R heel back in place, repeat swivel w/L (<i>weight ends on L</i>)	06:00
6&	Rock R back, recover onto L	06:00
7-8&	Step R to R side, cross L behind R, turn ¼ stepping R fw	09:00
25-32	Rock hitch x2, Toe heel flick, Cross slide, Behind ¼ R	
	Rock L fw, recover onto R, hitch L, step L next to R Note: on the first (and only first) A you do the following arm movements on counts 1&2 1: Both hands in front of you at waist level, R on top of L, palms up &: Keeping hands together flip inwards ending with hands at mouth level palms out on count 2	09:00
1&2&		
3&4&	Repeat w/R foot <i>No arms</i>	09:00
5&6&	Touch L toe next to R, knee turned in, tap L heel diagonally L, flick L turning body slightly R, cross L over R	09:00
7-8&	Slide R to R side, cross L behind R, turn ¼ R stepping R fw	12:00

B SECTION

Counts	Footwork	End facing
1-8	Slow batucada x2, Batucadas, Kick out out,	
1-2&	Press L fw rolling hip ccw (1), transferring weight onto R (&), step L next to R	12:00
3-4&	Repeat w/ R rolling hips cw	12:00
5&6&	Repeat counts 1-4 double tempo – travelling slightly back	12:00
7&8	Kick L, step out out L R	12:00
9-16	Hip sways, Back rock, ¼ L side cross side, Back rock step, Step ½ R x2	
&1	Sway hips L R	12:00
2&	Rock L back, recover onto R	12:00

3&4	Turn ¼ L stepping L to L side, cross R over L, step L to L side	03:00
5&6	Rock R back, recover onto L, step R fw	03:00
7&8&	Step L fw, turn ½ r stepping onto R, repeat	03:00
C SECTION (Always starts facing 06:00)		
Counts	Footwork	End facing
1-7	Cross side rock, Jazz box ¼ R, Arm movements, Body roll, Back rock w/arms,	
1-2&	Cross L slightly over R, rock R to R side, recover onto L	06:00
3&4&	Cross R over L (3), turn ¼ R stepping L back (&), step R to R side (4) Arms: 4: R arm out in front of you at shoulder level, hand making a half circle – fingers pointing L &: L arm out in front of you at shoulder level, hand making half circle (next to R hand for a full circle)	09:00
5-6	Body roll from top down ending with weight on R Arms: 5: Your hands switch shape from circle to heart bending fingers down and pulling in towards your chest	09:00
&7	Rock L back, recover onto R Arms: Keeping arms at shoulder level, push away when rocking back, and pull in when recovering	09:00
8-15	L lockstep sweep, Cross side rock, Rock collapse, Slide, Back pop	
8&1-2	Step L fw (8), lock R behind L (&), step L fw sweeping R ccw (1-2)	09:00
&3&	Cross R over L, rock L to L side, recover onto R	09:00
4&5-6	Rock L fw collapsings upper body (4), recover onto R straightening body (&), big step back L dragging R towards L (5-6)	09:00
&7	Step R back, touch L fw popping L knee	09:00
16-24	Double body roll, ¼ L cross x2, Out out hip roll, Touch step x2, Touch	
8-1-2	Step L back starting a quick body roll from top down (8), do another body roll (1-2) weight ending L	09:00
&3&4	Turn ¼ L stepping R to R side, cross L over R, repeat	03:00
&5-6	Step out R, step out L starting ½ hip roll ccw – weight R	03:00
&7&8&	Touch L next to R, step L slightly diagonally fw, touch R next to L, step R slightly diagonally fw, touch L next to R	03:00
25-32	Step, Sailor step behind, Side rock ¼ R, Slide, Ball coaster step, Step	
1	Step L diagonally fw	03:00
2&3	Cross R behind L, step L slightly L, step R to R side	03:00
&4&	Cross L behind R, rock R to R side, recover onto L with a ¼ R	06:00
5-6	Big step back R, dragging L to R	06:00
&7&8&	Step L next to R (&), step R back (7), step L next to R (&) step R fw (8), step L next to R Note: When doing the 3 rd C – you only dance up to here and go into part B. Instead of stepping L next to R you touch L next to R	06:00
33-40	Side together x2, Diagonal lockstep flick, Spiral 5/8 L, Ball cross	
1-2&	Step R to R side, step L next to R, step R in place	06:00
3&4&5	Step L diagonally fw, lock R behind L, Step L fw, lock R behind L, Step L fw flicking R back	04:30
6-7	Step R fw (6), turn 5/8 L keeping weight on R (7)	09:00
&8	Step L to L side, cross R over L	09:00
41-48	Volta 7/8 L, ½ L Side rock, Rock sweep sweep, Sailor ¼ L cross	
1&2&3	Turn ¼ L crossing L slightly over R, ball R next to L, turn ¼ L crossing L slightly over R, ball R next to L, turn ¾ L crossing L slightly over R	10:30
&4	Rock R to R side, recover onto L turning ¼ L (square up)	09:00
&5-6	Rock R fw, recover onto L sweeping R cw, step R back sweeping L ccw	09:00
7&8	Turn ¼ L stepping L behind R, step R to slightly R, cross L over R	06:00
49-56	Side together x2, Diagonal lockstep flick, Spiral 5/8 L, Ball cross (Repeat of counts 33-40)	
1-2&	Step R to R side, step L next to R, step R in place	06:00
3&4&5	Step L diagonally fw, lock R behind L, Step L fw, lock R behind L, Step L fw flicking R back	04:30
6-7	Step R fw (6), turn 5/8 L keeping weight on R (7)	09:00
&8	Step L to L side, cross R over L	09:00

57-64	Step, Sailor step behind, Side rock ¼ R, Slide, Ball coaster step, Touch	
1	Step L diagonally fw	03:00
2&3	Cross R behind L, step L slightly L, step R to R side	03:00
&4&	Cross L behind R, rock R to R side, recover onto L with a ¼ R	06:00
5-6	Big step back R, dragging L to R	06:00
&7&8&	Step L next to R (&), step R back (7), step L next to R (&) step R fw (8), step L next to R Note: <i>When doing the 1st C: Instead of touching L next to R you step L next to R – going into part A</i>	06:00

Ending (starts facing 09:00)

Counts	Footwork	End facing
1-8	Slow batucada x2, Batucadas, Kick out out, Touch	
1-2&	Press L fw rolling hip ccw (1), transferring weight onto R (&), step L next to R	09:00
3-4&	Repeat w/ R rolling hips cw	09:00
5&6&	Repeat counts 1-4 double tempo – travelling slightly back	09:00
7&8&	Kick L, step out out L R, touch L next to R	09:00
9-16	Step, Sailor step behind, Side rock ¼ R, Slide, Ball coaster step, Out out	
1	Step L diagonally fw	09:00
2&3	Cross R behind L, step L slightly L, step R to R side	09:00
&4&	Cross L behind R, rock R to R side, recover onto L with a ¼ R	12:00
5-6	Big step back R, dragging L to R	12:00
&7&8&1	Step L next to R (&), step R back (7), step L next to R (&) step R fw (8), step L out (&), step R out (1) Arms: <i>On counts 8&1 you do: 8: R arm out in front of you at shoulder level, hand making a half circle – fingers pointing L &: L arm out in front of you at shoulder level, hand making half circle (next to R hand for a full circle) 1: Your hands switch shape from circle to heart bending fingers down</i>	12:00