

www.clogdancing.com
The Shape I'm In

Choreographed by
Trevor DeWitt, CCI
812-989-9184
Trevor@clogdancing.com

By: Hot Apple Pie Genre: Country
CD "Hot Apple Pie" 2005 DreamWorks Records, Nashville
Level: Easy Intermediate (fast) Time: Cut at 2:10 but song is 3:51

Wait 16 beat

Sequence: A B 1/2A Break B 1/2A Break

Part A

2 Hard Steps

DB/back Br/up DS RS DB/back Br/up DS RS
L L L L L RL R R R R R LR
& 1 & 2 &3 &4 & 5 & 6 &7 &8

Samantha

DS DS(xif) DRAG S DRAG S RS DS DS RS
L R R L L R LR L R LR
&1 &2 & 3 & 4 &5 &6 &7 &8

2 KY Drags

DS DRAG/KICK S(xif) DS(ots) DRAG/KICK S
L L R R L L R R
&1 & 2 &3 & 4

**Football &
Fancy Double**

Turn 1/2 Left on the Football
DS K RS K RS DS RS Brush/Heel DS DS RS RS
L R RL R RL R LR L R L R LR LR
&1 2 &3 4 &5 &6 &7 & 8 &1 &2 &3 &4

Repeat Part A and turn 1/2 Left on the football to face front.

1/2 A

Turn 360 to the Left on the Football to face front

Part B

Clogover Vine

Moving to the left
DS(ots) DS(xif) DS(ots) DS(xib) DS(ots) DS(xif) DS(ots) RS
L R L R L R L RL
&1 &2 &3 &4 &5 &6 &7 &8
Repeat Clogover vine moving to the right starting with the R foot

Cowboy

Move forward on DS Turn 1/2 Left on Brush Move backward on RS
DS DS DS Brush/Heel DS RS RS RS
L R L R L R LR LR LR
&1 &2 &3 & 4 &5 &6 &7 &8
Repeat Cowboy to turn 1/2 Left to face front

Break

4 Count Vine

DS DS(xif) DS(ots) DS(xib)
L R L R
&1 &2 &3 &4

Windmill

DS(turn 1/4 Left) DB(xif) DB(ots) Around Around Brush/H DS RS
L R R R R R L R LR
&1 &2 &3 &4 &5 & 6 &7 &8

Fancy Double

DS DS RS RS
L R LR LR

Repeat break three more times to face all four walls

Extra Ending: Wait 4 beats, do part B and 1/2 A to the slow music and then stop and lip sync the words "You don't know the shape I'm in", wait 4 beats then do two parts of the instrumental and then add two Joeys and finish with a step.