

Bend Me, Shape Me (1967) – Fun Dance Version

Artist: The American Breed

Choreo: Andy Howard

Level: Easy Intermediate (Easy Steps, but Uptempo)

Intro: 8

Suggested Playback Speed 90-95%

INTRO / BRIDGE:

Samantha	DbS DbS (xif) Drag Step Drag Step RS DbS DbS RS L R R L L R LR L R LR
4 Basics (Clap Clap on RS) Turn ¼ Left on Each	DbS RS DbS RS DbS RS DbS RS L RL R LR L RL R LR

PART A:

Vine	DbS DbS (xif) DbS (ots) DbS (xib) DbS (ots) DbS (xif) DbS (ots) RS L R L R L R L RL
2 Basics (Clap Clap on RS)	DbS RS DbS RS R LR L RL
Rocking Chair (Yes, Right foot starts!)	DbS Brush-Up DbS RS R L R LR
REPEAT // USING OPPOSITE FOOTWORK AND DIRECTION	

PART B:

2 Cowboys	DbS DbS DbS Brush DbS RS RS RS (Turn ½ Left on Brush - REPEAT) L R L R R LR LR LR
2 Slur Brushes	DbS (ots) Slur (xib) DbS Brush (REPEAT on Opposite Foot moving right) L R L R
Double Basic Toe	DbS DbS RS Toe (ib) L R LR L

CHORUS:

Stomp Mountain Basic	Stomp DbL-Up DbS RS L R R LR
Rocking Chair	DbS Brush DbS RS L R R LR
Triple w/ Loop (Turn ½ R on Loop)	DbS DbS (xif) DbS (ots) Loop (xib/turn right) L R L R
Fancy Double (Turn ¼ Left)	DbS DbS RS RS L R LR LR
REPEAT	
Double Basic with Toe	DbS DbS RS Toe (ib) L R LR L

Roundout (8 ct. Jazz Box) <i>(This step is not repeated again)</i>	Step Step (xif) Step (ots) Step (ots) Step (xif) Step (ots) Step (ots) Step L R L R L R L R
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REPEAT ENTIRE DANCE EXCEPT THE ROUNDOUT. ADD ONE EXTRA CHORUS AT END.

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<p>INTRO Samantha 4 Basics – Turn ¼ L Each (and Clap)</p> <p>PART A Clogover Vine Left 2 Basics – Side to Side (R then L) and Clap Rocking Chair (on Right Foot) Clogover Vine Right 2 Basics – Side to Side (L then R) and Clap Rocking Chair (on Left Foot)</p> <p>PART B 2 Cowboys – Turn ½ Left Each 2 Slur Brushes</p> <p>Double Basic with a Toe Touch (in Back)</p> <p>CHORUS Stomp Mountain Basic Rocking Chair Triple with a Loop (Travel Left, Turn ½ Right on Loop) Fancy Double</p> <p>REPEAT</p> <p>Double Basic with a Toe Touch (in Back)</p> <p>8 Count Round Out</p>	<p>INTRO Samantha 4 Basics – Turn ¼ L Each (and Clap)</p> <p>PART A Clogover Vine Left 2 Basics – Side to Side (R then L) and Clap Rocking Chair (on Right Foot) Clogover Vine Right 2 Basics – Side to Side (L then R) and Clap Rocking Chair (on Left Foot)</p> <p>PART B 2 Cowboys – Turn ½ Left Each 2 Slur Brushes</p> <p>Double Basic with a Toe Touch (in Back)</p> <p>CHORUS Stomp Mountain Basic Rocking Chair Triple with a Loop (Travel Left, Turn ½ Right on Loop) Fancy Double</p> <p>REPEAT</p> <p>Double Basic with a Toe Touch (in Back)</p> <p>CHORUS Stomp Mountain Basic Rocking Chair Triple with a Loop (Travel Left, Turn ½ Right on Loop) Fancy Double</p> <p>REPEAT</p>
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