

Shape of You - Ed Sheeran

| TC | Song Part | Choreography | Reps |
|------|-----------|---|------|
| 0:00 | Intro | Side to side with hips | |
| 0:10 | A | Step behind and hop in middle, switch sides, arms get wider and stronger | |
| 0:30 | B | SSD high knee with arms low (2nd time, punch arms down SSD with high knee) | |
| 0:50 | C | Egyptian move with arms 1st, SSD abs pull 2nd | |
| 1:10 | D | Step forward with strong elbows out 4x and then hop to sturdy wine Go backwards and repeat | 2x |
| 1:30 | A | Step behind and hop in middle, switch sides, arms get wider and stronger | |
| 1:50 | B | SSD high knee with arms low (2nd time, punch arms down SSD with high knee) | |
| 2:10 | C | Egyptian move with arms 1st, SSD abs pull 2nd | |
| 2:30 | D | Step forward with strong elbows out 4x and then hop to sturdy wine Go backwards and repeat | 2x |
| 2:50 | E | Sumo squats 16x | |
| 3:10 | C | Egyptian move with arms 1st, SSD abs pull 2nd | |
| 3:30 | E | Sumo squats 16x | |