

# Because You Know

**COPPER** KNOB  
BY SHEETS

Count: 64

Wall: 1

Level: Improver

Choreographer: Nancy Lee (MY) - October 2014

Music: All About That Bass - Meghan Trainor



Intro : 32 Count

Nice Track, Fun Step.. Me & My Students Super Love it, hope you love it too! ~~

## Section 1

[1-8] □ □ Cross Step , Point, Flick, Cross Step , R Jazz Box Cross

1-4 R Cross over L, point L to L, Flick L, Cross Step L over R

5-8 Cross R over L , Step back L, Step R to R , Cross L over R

## Section 2

[9-16] □ ½ Turn L, Step R , Step L (Shoulder Width), Hip Shakes, Sweep ¼ Turn R, Step L Together, R Step Back, Sit , Point L Fwd □

1-2 ½ Turn L, Step R to R, Step L to L ( Shoulder Width ) ( 6:00)

3&4 R Hip Shakes

5-6 Sweep L, ¼ Turn R ( 5), Step L together R ( 6) ( 9:00)

7-8 R Step Back ( 7) , Sit and Point L Fwd ( 8)

## Section 3

[17-24] □ Hitch L Knee , Step Together, Chest Pumps, Paddle with Hips Roll

1-2 Hitch L Knee, Step L Together R,

3-4 Chest Pumps – Up Twice

5-6 Step R Fwd ( 5), Paddle ¼ Turn L, Step L to L with Hip roll ( 6) ( 6:00)

7-8 ½ Turn L, Step R to R ( 7), Paddle with Hip Roll and Touch L beside R ( 8) Weight on R ( 12:00)

## Section 4

[25-32] □ Sweep L Toes in a half – circle from front to back

1-4 Sweep L Toes in a half – circle from front to back

5-8 Repeat - Sweep L Toes in a half – circle from front to back ( 5-7), Step L together R ( 8) ( 12:00) □ weight on L

## Section 5

[33-40] □ R Cross, L Point to L, L Cross , R Point Fwd, Heel Flicks (Out/In), R Kick Fwd, R Together L, L Point To L

1-4 R cross over L, Point l to L ( With Shoulder Shimmy ) L Cross over R, R Point Fwd

&5 R Heel Flicks ( Out /In )

6-8 R Kick Fwd ( 6), R Step Together L ( 7), L Point To L ( 8) ( 12:00)

## Section 6

[41-48] □ L Cross Behind, Point R , R Cross Behind, Point L to L, Pivot ½ Turn, Hip Shakes L

1-4 L Cross Behind R, Point R to R ( 1,2), R Cross Behind, Point L to L ( 3,4)

5-6 L Step Fwd, ½ Turn R, Step R Fwd

7&8 L Hip Shakes , weight on L ( 6:00)

## Section 7

[49-56] □ □ Pivot ½ Turn L, Lock Steps Fwd , R L □ □ □

1-2 Step R Fwd , Pivot ½ Turn L, Step L Fwd ( 12:00)

3-5 R Lock Steps Fwd

6-8 L Lock Steps Fwd

**Section 8**

**[57-64] □ R Jazz Box with Cross, Sit , point R Fwd , Heel Flicks- Out/In/Out**

1-4 R Jazz box with cross,

5-8 Sit on L, Point R Fwd (5), R Heel Flicks – Out/In /Out

**Hope you enjoy the dance !**

**For Song & Step sheet, please contact: Email : [swan9198@gmail.com](mailto:swan9198@gmail.com)**

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