

# All About That Bass

**COPPER** KNOB  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** Improver / Intermediate

**Choreographer:** Linda Staton Jensen - December 2014

**Music:** All About That Bass - Meghan Trainor



**Start dancing on lyrics**

## **SECTION 1: RIGHT HOOK, RIGHT HEEL, CHASSE', RIGHT RECOVER**

- 1-2 Right heel forward, Right heel hook
- 3-4 Right heel forward, touch right next to left
- 5&6 Chasse' right
- 7-8 Rock back on left, recover to right [12:00]

## **SECTION 2: LEFT HOOK, LEFT HEEL, CHASSE', LEFT RECOVER**

- 1-2 Left heel forward, Left heel hook
- 3-4 Left heel forward, touch left next to right
- 5&6 Chasse' left
- 7-8 Rock back on right, recover to left [12:00]

## **SECTION 3: RIGHT HEEL GRIND, RIGHT COASTER STEP, LEFT HEEL GRIND, LEFT COASTER STEP**

- 1-2 Right heel forward, turn toe to right
- 3&4 Coaster step
- 5-6 Left heel forward, turn toe to left
- 7&8 Coaster step [12:00]

## **SECTION 4: ROCK, RECOVER, TRIPLE, QUARTER TURN, CROSS, STEP CROSS**

- 1-2 Rock back on right, recover to left
- 3&4 Triple forward right foot,
- 5-6 Left forward, turn ¼ right
- 7&8 Left over right, cross and cross [3:00]

**REPEAT**

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