

# All About That Bass

**COPPER KNOB**  
BY PETER O'SHEA

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Peter O'Shea (AUS) - December 2023

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



**Start:** after 32 counts

## **SIDE SHUFFLE ROCK BACK RECOVER, HIP BUMPS**

1&2 shuffle to side stepping R, L, R  
3-4 step/rock L back, recover to R  
5-6 step slightly to left and bump left hip, bump right hip  
7-8 bump left hip, bump right hip

## **SIDE SHUFFLE ROCK BACK RECOVER, SIDE CROSS HITCH x 2**

9&10 shuffle to side stepping L, R, L  
11-12 step/rock R back, recover to L  
13-14 step R to side, hitch L knee across R  
15-16 step L to side, hitch R knee across L

## **FORWARD ROCK SHUFFLE BACK, BACK ROCK SHUFFLE FORWARD**

17-18 step/rock R forward, recover to L  
19&20 shuffle back stepping R, L, R  
21-22 step/rock L back, recover to R  
23&24 shuffle forward stepping L, R, L

## **¼ TURNING JAZZ BOX, APPLE JACKS**

25-26 cross R over L, step L back  
27-28 turning ¼ right step R to side, step L together  
29-30 lift and fan L toe to left while weight on L heel & lift and fan R heel to right while weight on R toe, bring both to centre and drop toe and heel  
31-32 lift and fan L heel to left while weight on L toe & lift and fan R toe to right while weight on R heel, bring both to centre and drop heel and toe

**REPEAT**

**Email:** [pnoshea@yahoo.com.au](mailto:pnoshea@yahoo.com.au)