

# 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**

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