

# All About That Bass

**COPPER** KNOB  
BY SHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Improver / Intermediate

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

**Musique:** 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

Contact: [Ljensen10@yahoo.com](mailto:Ljensen10@yahoo.com) 12/2014