

# All About That Bass

**COPPER** **KNOB**  
BY SHEETS

Compte: 32

Mur: 2

Niveau: Phrased Beginner

Chorégraphe: June Shuman (USA) - July 2014

Musique: All About That Bass - Meghan Trainor



**Intro: Start on the word ALL (Because You Know I'm ALL)**

**Sequence: A, BBBB, A, BBB, AAA,A till end at front (Really Easy)**

## **PART A (32cts. 1 wall)**

### **(1-8) BUMP HIPS RIGHT 2X, BUMP HIPS LEFT 2X, ROCKING CHAIR**

1-4 Bump right hip to right side 2X, Bump left hip to left side 2X

5-6 Rock right forward, Replace onto left

7-8 Rock right back, Replace onto left

### **(9-16) BUMP HIPS RIGHT 2X, BUMP HIPS LEFT 2X, ¼ PIVOT LEFT 2X WITH HIPS ROLLS**

1-4 Bump right hip to right side 2x, Bump left hip to left side 2

5-6 Step forward onto right turn ¼ left as you roll hips, weight to left\*

7-8 Repeat above 5-6

\* Option: you can put your hands back onto your bums on the ¼ hip rolls

### **(17-32) REPEAT ABOVE 16 COUNTS**

## **PART B (32 cts. 2 wall)**

### **RIGHT TOUCH FORWARD AS YOU ROLL HIPS CW, FORWARD ROCK STEP, COASTER**

1-4 Touch right forward as you roll your hips CW 2X (weight ends on Left) \*

5-6 Rock forward on right, replace onto left

7&8 Step back on right, step left next to right, step right forward

\*Easy option for 1-4 is two right forward rock steps

### **LEFT TOUCH FORWARD AS YOU ROLL HIPS CCW, FORWARD ROCK STEP, COASTER**

1-4 Touch left forward as you roll hips CCW 2X (weight ends on right)\*

5-6 Rock forward on left, replace onto right

7&8 Step back on left, step right next to left, step left forward

\*Easy option for 1-4 is two left forward rock steps

### **FORWARD ROCK STEP, TRIPLE BACK, BACK ROCK, ½ TRIPLE**

1-2 Rock forward on right, replace onto left

3&4 Step back on right, step left next to right, step back on right

5-6 Rock back on left, replace onto right

7&8 Step left ¼ right, Step right next to left, Step left back ¼ right

### **RIGHT SIDE, HOLD, BALL, SIDE, TOUCH, LEFT SIDE, HOLD, BALL, SIDE, TOUCH**

1-2 Step right to right side, Hold

&3-4 Quickly step ball of left next to right, Step right to right side, Touch left next to right

5-6 Step left to left side, Hold

&7-8 Quickly step ball of right next to left, Step left to left side, Touch right next to left

**ENDING: Do the last 3 complete A's, then do only 28 counts of A, on count 29 just step right to right side pushing hip to right and pose!**

Contact: [jsh4155935@aol.com](mailto:jsh4155935@aol.com)

