

Room 7

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Linda Burgess (AUS) - September 2014
音乐: All About That Bass - Meghan Trainor : (Album EP)



Intro: □32 counts

[1-8] □□ FWD, REPLACE, CHA CHA CHA, BACK, REPLACE, CHA, CHA, CHA

1,2,3&4 Rock/step fwd R, replace weight to L, cha cha on the spot R,L,R

5,6,7&8 Rock/step back L, replace weight to R, cha cha on the spot L,R,L

[9-16] □□ CROSS, SIDE, CROSS, HITCH, CROSS, SIDE, CROSS, HITCH ¼ L

1,2,3,4 Cross/step R over L, step L to L, cross/step R over L, hitch L up & over R

5,6,7,8 Cross/step L over R, step R to R, cross/step L over R, hitch R up & ¼ turn L on L

[17-24] □□ MAMBO FWD, MAMBO BACK, ½ SHUFFLE, ½ SHUFFLE

1&2,3&4 Rock/step fwd R, replace weight to L, step back R, rock/step back L, replace weight to R,
step fwd L

5&6,7&8 ½ turn L & shuffle back R,L,R, ½ turn L & shuffle fwd L,R,L

[25-32] □□ FWD, TOUCH, FWD, TOUCH, JAZZ BOX ½ TURN

1,2,3,4 Step fwd R, touch L to L side, step fwd L, touch R to side

5,6,7,8 Cross/step R over L, ¼ turn R & step back L, ¼ turn R & step fwd R, step fwd L

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This little fun dance was choreographed in the motel room on the weekend of my workshop in Shoalhaven.!