

All About That Bass

拍数: 64 墙数: 2 级数: Easy Intermediate
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音乐: All About That Bass - Meghan Trainor



Section 1: □ Jazz Box, Touch, Cross, Touch, Cross

1 2 Cross R over L, Step L back
3 4 Step R to Right side, Cross L over R
5 6 Touch R to Right side, Cross R over L
7 8 Touch L to Left side, Cross L over R

Section 2: □ Cross Rock, Triple Side, Cross Rock, Behind Side Cross.

1 2 Rock R in front of L, Recover to L
3 & 4 Step R to Right side, Close L next to R, Step R to Right side
5 6 Rock L in front of R, Recover to R
7 & 8 Step L behind R with little Sweep, Step R to Right side, Cross L in front of R

Section 3: □ Sweep Back to Front, Side Behind Side Cross, Side, Rock Recover.

1 2 3 Sweep R Back to Front, Cross R over L, Step L to Left side
4 & 5 Step R behind L, Step L to Left side, Cross R in front of L
6 7 8 Step L to Left side, Rock R back, Recover to L

Section 4: □ Kick Ball Cross, Touch, ½ Monterey Turn, Touch, Hold, Cross Shuffle

1 & 2 Kick R Diagonal to Right, Step R next to L, Cross L in front of R
3 4 Touch R to Right side, Close R next to L turn ½ over Right Shoulder
5 6 Touch L to Left side, Hold
7 & 8 Cross L in front of R, Step R to Right side, Cross L in front of R

Section 5: □ Step Side Touch, ¼ Touch, ¼ Touch, Step Side Touch

1 2 Step R to Right side, Touch L next to R
3 4 Step L ¼ Turn to Left, Touch R next to L
5 6 Turn ¼ L Step R to Right side, Touch L next to R
7 8 Step L to Left side, Touch R next to Left

Section 6: □ Step R Fwd, Sweep L, Step L Fwd, Sweep R, Rock R Fwd, Run Back

1 2 Step R Fwd, Sweep L Back to Front
3 4 Step L Fwd, Sweep R Back to Front
5 6 Rock R Fwd, Recover to L
7 & 8 Step R Back, Step L Back, Step R Back

Section 7: □ Back Rock, Shuffle, Syncopated Side Rocks

1 2 Rock L Back, Recover to R
3 & 4 Step L Fwd, Close R next to L, Step L Fwd
5 6 Rock R to Right side, Recover to L
& 7 8 Close R next to L, Rock L to Left side, Recover to Right side

Section 8: □ Sailor ¼ Turn, Step ¼ Turn, Hip-Bumps

1 & 2 Step L Behind R, Close R next to L, Step L Fwd ¼ Turn L
3 4 Step R Fwd, ¼ Turn L keep weight on L
5 & 6 Bump Hip to Right side Up, Back to Centre, Bump Hip to Right side down
7 & 8 Bump Hip to Left side Up, Back to Centre, Bump Hip to Left side down

Start Again! ENJOY!

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