

About Da Bass

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jo Conroy (UK) & Sharon Brizon (UK) - September 2014
音乐: All About That Bass - Meghan Trainor : (iTunes)



Intro: 32 Counts

Section 1: Scuff. Step. Scuff. Step. In-In. Hold. Step Pivot 1/4

1-2-3-4 Scuff R heel forward. Step R to R side. Scuff L heel forward. Step L to L side.
&5-6 Step R in. Step L beside R. Hold.
7-8 Step R forward. Pivot 1/4 turn L (weight on L).

Section 2: Fwd Mambo. Dip. Twerk. Heel-Hold & Heel & Hitch

1&2 Rock R forward. Recover onto L. Step R beside L.
3 Dip down bending both knees (optional: hands on thighs).
4 Lean forward, pushing hips/bottom upwards.
5-6& Dig R heel forward. Hold. Step R in place.
7&8 Dig L heel forward. Step L in place. Hitch R knee up.

Section 3: Back Rock. Scuff. Dip. Swivel Heel-Toes-Heel. Kick

1-2 Rock R back. Recover weight onto L.
3-4 Scuff R heel forward. Step R to R side bending both knees.
5-6-7-8 Swivel L heel-toes-heel towards R. Kick L to R diagonal.

Section 4: Cross. Back & Cross. Hold. Unwind 1/2 turn. Hold. Coaster step

1-2 Cross L over R. Step R back.
&3-4 Step L back. Cross R over L. Hold.
5-6 Unwind 1/2 turn L (weight on R). Hold.
7&8 Step L back. Step R beside L. Step forward L.

Section 5: Jazz Jumps x 2. Toe Switches x 3. Flick

&1-2 Step R forward. Step L forward. Hold.
&3-4 Step R back. Step L back. Hold.
5&6& Point R toe to R Side. Step R beside L. Point L toe to L Side. Step L beside R.
7-8 Point R toe to R Side. Flick R heel back.

Section 6: Cross Samba Steps x 2. Pivot 1/8 Turn x 2

1&2 Cross R over L. Step L to L side. Step R to R side.
3&4 Cross L over R. Step R to R side. Step L to L side.
5-6 Step R forward. Pivot 1/8 turn L (weight on L).
7-8 Step R forward. Pivot 1/8 turn L (weight on L).

Section 7: Forward Rock. Shuffle 1/2 Turn. Step. Tap & Heel & Step

1-2 Rock R forward. Recover weight onto L
3&4 Make 1/2 turn R, stepping forward R-L-R
5-6 Step L forward. Tap R toe behind L heel.
&7&8 Step R back. Tap L heel forward. Step L beside R. Step R forward.

Section 8: Pivot 1/4 Turn. Cross. Side. Behind. Side. Travelling Heel-Twist

1-2 Step L forward. Pivot 1/4 turn R (weight on R)
3-4 Cross L over R. Step R to R side.
5-6 Cross L behind R. Step R to R side.
7 Twist both heels to the R, travelling R.
8 Twist both toes to the centre (weight on L)

Ending: The dance finishes on Count 62 facing 6 o'clock, so just unwind a ½ turn to face the front for a big Ta-Da!

REPEAT

Contact: sharon.brizon@ntlworld.com
