

All About That Bass

拍数: 32 墙数: 2 级数: Newcomer
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音乐: All About That Bass - Meghan Trainor



Cross touch 3x, sailorstep.

- 1 = LF cross behind RF.
- 2 = RF touch right.
- 3 = RF cross behind LF.
- 4 = LF touch left.
- 5 = LF cross behind RF.
- 6 = RF touch right.
- 7 = RF cross behind LF.
- & = LF step left.
- 8 = RF step right.

Cross over, turn, kick, out-out.

- 1 = LF cross over RF.
- 2 = $\frac{1}{4}$ turn right.
- 3 = $\frac{1}{4}$ turn right.
- & = Lift right and left heel up.
- 4 = Drop right and left heel down.
- 5 = RF kick forward.
- & = RF step right out.
- 6 = LF step left out.
- & = Lift Right and left heel up.
- 7 = Drop right and left heel down.
- & = Lift Right and left heel up.
- 8 = Drop right and left heel down.

Grapevine, swivels.

- 1 = LF step behind RF.
- 2 = RF step right.
- 3 = LF cross over RF.
- 4 = RF close next LF.
- 5 = RF and LF swivel heel right.
- 6 = RF and LF swivel tow right.
- 7 = RF and LF swivel heel right.
- 8 = RF and LF swiveltow right.

Touch, touch, hand move, hip.

- 1 = LF touch front RF.
- 2 = LF step left.
- 3 = RF touch front LF.
- 4 = RF step right.
- 5 = Swing left and right hand back.
- 6 = Swing left and right hand forward.
- 7 = hold.
- 8 = Hip to right.

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