

All About That Bass

COPPER KNOB
STEPSHEETS

拍数: 160 墙数: 2 级数: Phrased Intermediate
编舞者: Colleen Taljaard - September 2014
音乐: All About That Bass - Meghan Trainor



#32 count intro - Phrased Dance: A, B, A-, BRIDGE, B, A-, A-, A-, A-
(NOTE: Dance A is only danced once with the full 64 counts right in the beginning; all Dance A's that follow are only danced up to end of count 32)

SECTION A (64 COUNTS)

[1-8] STEP RIGHT, L COASTER STEP, R HITCH, STEP R, ¼ RIGHT SHUFFLE

1-2&3-4 1) Step R to right side; 2) Step back on L; &) Step R next to L; 3) Step forward on L; 4) Hitch R foot
5-6 5) Step R to right side; 6) Step L behind R
7&8 7) Make quarter turn right stepping forward on R; &) Step L to R (in 3rd position); 8) Step forward on R

[9-16] STEP FORWARD LEFT, ¾ PIVOT TURN, 2 HIP BUMPS, 2 SYNCOPATED CHASSE'S WITH STYLING (BODY ROLL)

1-2-3&4& 1) Step forward on L; 2) Pivot ¾ turning right; 3&4) Step L to left bumping hips twice, first up then down ending with weight placed on L; &) Place R next to L
5-6&7-8 5) Step L to left side; 6) Hold; &) Step R next to L; 7) step L to left side; 8) Touch R next to L
Styling option: as L foot steps to side each time do body roll back (angle body to diagonal)(2 rolls)

[17-24] STEP OUT R L, JUMP IN R L, VINE TO L, ½ TURN LEFT, HITCH R

1-2&3-4 1) Step R to right side; 2) Step L to left side; &3) Jump R in and place L next to R; 4) Hold
5-6-7-8 5) Step L to left; 6) Step R behind L; 7) Step L forward turning ¼ turn left; 8) Hitch R turning ¼ left

[25-32] 2 SHIMMIES TO RIGHT

1-2-3-4 1-2) Step R to right (Shimmy shoulders); 3-4) Step L next to R (Shimmy shoulders)
5-6-7-8 5-6) Step R to right (Shimmy shoulders); 7-8) Step L next to R (Shimmy shoulders)

[33-40] 3 WALKS FORWARD, KICK R, SYNCOPATED JAZZ BOX, KICK R

1-2-3-4 1) Walk forward on L; 2) Walk forward on R; 3) Walk forward on L; 4) Kick R forward;
&5-6-7-8 &) Step R crossing over L; 5) Step back on L; 6) Step R to right side; 7) Step forward on L; 8) Kick R forward;

[41-48] SYNCOPATED JAZZ BOX, 2 WALKS BACK, KICK R, STEP R BACK

&1-2-3-4 &) Step R crossing over L; 1) Step back on L; 2) Step R to right side; 3) Step forward on L; 4) Touch R next to L
5-6-7-8 5) Step back on R; 6) Step back on L; 7) Kick R forward; 8) Step back on R (leaning back angling right shoulder to right diagonal with legs bent)

[49-56] 2 HOLDS, L SHUFFLE FORWARD, R ROCK FORWARD, L RECOVER, ½ TURN RIGHT, ½ TURN RIGHT

1-2-3&4 1) Hold; 2) Hold; 3) Step forward on L; &) Step R to L (in 3rd position); 4) Step forward on L
5-6-7-8 5) Rock forward on R; 6) Recover on L; 7) Stepping on R turning ½ turn to right; 8) Stepping back on L turning ½ turn to right

[57-64] R SIDE ROCK RECOVER, TRIPLE STEP, L SIDE ROCK RECOVER, TRIPLE STEP

1-2-3&4 1) Rock R to right side; 2) Recover on L; 3&4) Triple step on the spot stepping R L R
5-6-7&8 5) Rock L to left side; 6) Recover on R; 7&8) Triple step on the spot stepping L R L

SECTION B (64 COUNTS)

[1-8] STEP RIGHT, R CHASSE, L CROSS ROCK, ¼ L SHUFFLE TURN

- 1-2-3&4 1) Step R to right side; 2) Step L next to R; 3) Step R to right side; &) Step L next to R; 4) Step R to right side
- 5-6-7&8 5) Cross rock on L; 6) Recover on R; 7) Step L to left side; &) Step R next to L; 8) Step forward on L making ¼ turn to left

[9-16] R SIDE ROCK, CROSS SHUFFLE, L SIDE ROCK, CROSS SHUFFLE

- 1-2-3&4 1) Rock R to right side; 2) Recover on L; 3) Cross R over L; &) Step L to left side; 4) Cross R over L
- 5-6-7&8 5) Rock L to left side; 6) Recover on R; 7) Cross L over R; &) Step R to right side; 8) Cross L over R

[17-24] REPEAT STEPS 1-8 OF SECTION B

[25-32] REPEAT STEPS 9-16 OF SECTION B

[33-40] REPEAT STEPS 1-8 OF SECTION B

[41-48] REPEAT STEPS 9-16 OF SECTION B

[49-56] REPEAT STEPS 1-8 OF SECTION B

[57-64] REPEAT STEPS 9-16 OF SECTION B

BRIDGE (32 COUNTS)

[1-8] UNWIND FULL TURN TO L, R KICK BALL CROSS, R KICK BALL CROSS

- 1-2-3-4 1) Cross R over L; 2-3-4) Unwind turning full turn to the L on balls of feet
- 5&6-7&8 5) Kick R to right diagonal; &) Step in place on ball of R 6) Step L over R; 7) Kick R to right diagonal; &) Step in place on ball of R 8) Step L over R

[9-16] R SIDE ROCK, RECOVER, BEHIND SIDE CROSS, L SIDE ROCK, RECOVER, BEHIND SIDE CROSS

- 1-2-3&4 1) Rock R to right side; 2) Recover on L; 3) Step R behind L; &) Step L to left side; 4) Cross R over L
- 5-6-7&8 5) Rock L to left side; 6) Recover on R; 7) Step L behind R; &) Step R to right side; 8) Cross L over R

[17-24] REPEAT STEPS 1-8 OF BRIDGE

[25-32] REPEAT STEPS 9-16 OF BRIDGE

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