

All About That Bass

COPPER KNOB
BY STEPHEN T. C.

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Linda Staton Jensen - December 2014
音乐: All About That Bass - Meghan Trainor



Start dancing on lyrics

SECTION 1: RIGHT HOOK, RIGHT HEEL, CHASSE', RIGHT RECOVER

1-2 Right heel forward, Right heel hook
3-4 Right heel forward, touch right next to left
5&6 Chasse' right
7-8 Rock back on left, recover to right [12:00]

SECTION 2: LEFT HOOK, LEFT HEEL, CHASSE', LEFT RECOVER

1-2 Left heel forward, Left heel hook
3-4 Left heel forward, touch left next to right
5&6 Chasse' left
7-8 Rock back on right, recover to left [12:00]

SECTION 3: RIGHT HEEL GRIND, RIGHT COASTER STEP, LEFT HEEL GRIND, LEFT COASTER STEP

1-2 Right heel forward, turn toe to right
3&4 Coaster step
5-6 Left heel forward, turn toe to left
7&8 Coaster step [12:00]

SECTION 4: ROCK, RECOVER, TRIPLE, QUARTER TURN, CROSS, STEP CROSS

1-2 Rock back on right, recover to left
3&4 Triple forward right foot,
5-6 Left forward, turn ¼ right
7&8 Left over right, cross and cross [3:00]

REPEAT

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