

# All About That Bass

**COPPER KNOB**  
STEPSHEETS

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**

Contact: [Ljensen10@yahoo.com](mailto:Ljensen10@yahoo.com) 12/2014