

About That Bass

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Laura Kampschroeder (USA) - November 2014
音乐: All About That Bass - Meghan Trainor



HEEL, STEP, HEEL, STEP, JAZZ BOX STEP

1, 2, 3, 4 Right heel forward, step on right, left heel forward, step on left
5, 6, 7, 8 Cross right over left, step back on left, step side on right, step forward on left

STEP, TURN ¼ LEFT, BUMP HIPS R, L, R, STEP SIDE, TOUCH, SIDE, TOUCH

1, 2, 3 & 4 Step right, turn ¼ left and step, bump hips right, left, right
5, 6, 7, 8 Step left to side, touch together, step right to side, touch together

CHASSE LEFT, ROCK BACK, RECOVER, TURN ¼ LEFT, TRIPLE STEP

1 & 2, 3, 4 Step left, together, left, rock back, recover
5, 6, 7 & 8 Step, ¼ turn left and step, triple step forward (R,L,R)

V STEP, KICK, BALL CHANGE, STEP BACK ¼ TURN RIGHT, HOOK

1, 2 Step out diagonal forward left, step out diagonal forward right
3, 4 Step in diagonal back left, step in diagonal back right
5 & 6, 7, 8 Kick left, step, step, step back left and ¼ turn right, hook right

REPEAT

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