

# All About That Bass

**COPPER KNOB**  
STEPSHEETS

拍数: 32                      墙数: 2                      级数: Beginner  
编舞者: Jo Rosenblatt (AUS) - March 2015  
音乐: All About That Bass - Meghan Trainor : (Album: Title)



(Especially for the Emerald Malkari Guides)

START: □ 32 count Intro, weight on left

**Diagonal Fwd, Touch, Clap, Clap, Diagonal Fwd, Touch, Clap, Clap**

1-4                      Step R fwd on right diagonal, Touch L beside right, Clap, Clap

**(Make your claps high and to the right of your head.)**

5-8                      Step L fwd on left diagonal, Touch R beside left, Clap, Clap

**(Make your claps high and to the left of your head.)**

**Heel Strut, Heel Strut, Heel Strut, Heel Strut**

**(Complete a half circle to the right with these Heel Struts.)**

1 2                      Step fwd on R heel, Step down on R toe

3 4                      Step fwd on L heel, Step down on L toe

5 6                      Step fwd on R heel, Step down on R toe

7 8                      Step fwd on L heel, Step down on L toe

**(Complete a half circle to the right as you Heel Strut. Click your fingers as you go.)**

**Run, Run, Run, Hold, Run, Run, Run, Hold**

1-4                      Run fwd: R, L, R, Hold

5-8                      Run fwd: L, R, L, Hold

**Stomp Out, Hold, Stomp Out, Hold, Stomp In, Hold, Stomp In, Hold**

1-4                      Stomp R out to right, Hold, Stomp L out to left, Hold

**(At hip level: place R hand to right and L hand to left on your stomps.)**

5-8                      Stomp R in to centre, Hold, Stomp L in to centre, Hold

**(Place your R hand to left shoulder and L hand to right shoulder on your stomps.)**

Free to be copied provided no changes are made to the original choreography.

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