

Bass No Tenors

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Liz Atkinson (USA) - April 2022
音乐: All About That Bass (No Tenors) - Straight No Chaser



This song is a parody of the Megan Trainor track, All About That Bass. It is sung by an all-male acapella group and pokes fun at the tenor singers, who usually get the lead and the attention. (But we know it's all about that bass.)

#32 count introduction. Begin with weight on LF.
NO Tags - NO Restarts

S1: SIDE, TOUCH, SIDE, TOUCH, FWD, TOUCH, BACK, KICK

1, 2 Step RF to R side, touch LF beside RF
3, 4 Step LF to L side, touch RF beside LF
5, 6 Step RF fwd, touch LF beside RF
7, 8 Step LF back, kick RF fwd (12:00)

S2: STEP, POINT, STEP, POINT, 1/4L PIVOT, 1/4L PIVOT

1, 2 Step RF fwd, point LF to L side
3, 4 Step LF fwd, point RF to R side
5, 6 Step RF fwd, pivot 1/4L (9:00) shifting weight onto LF
7, 8 Step RF fwd, pivot 1/4L (6:00) shifting weight onto LF (6:00)

S3: CROSS ROCK, RCVR, CHASSE' R, CROSS ROCK, RCVR, CHASSE' L

1, 2 Cross rock RF over LF, recover onto LF
3 & 4 Step RF to R side, step LF beside RF, step RF to R side
5, 6 Cross rock LF over RF, recover onto RF
7 & 8 Step LF to L side, step RF beside LF, step LF to L side (6:00)

S4: V-STEP, SQUAT-STAND, TWIST R-CENTER

1, 2 Step RF to fwd-R diagonal, step LF to fwd-L diagonal
3, 4 Step RF back and to center, step LF back and to center (beside RF)
5, 6 Bend both knees into a slight squat, straighten legs to stand
7, 8 Lift both heels swiveling both R, return heels to center (6:00)

Contact: info@LizAtkinsonDance.com - Asheville, NC, USA