

# All About That Bass

**COPPER KNOB**  
BY PETER O'SHEA

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Peter O'Shea (AUS) - December 2023  
音乐: All About That Bass - Meghan Trainor



**Start: after 32 counts**

## **SIDE SHUFFLE ROCK BACK RECOVER, HIP BUMPS**

1&2            shuffle to side stepping R, L, R  
3-4            step/rock L back, recover to R  
5-6            step slightly to left and bump left hip, bump right hip  
7-8            bump left hip, bump right hip

## **SIDE SHUFFLE ROCK BACK RECOVER, SIDE CROSS HITCH x 2**

9&10           shuffle to side stepping L, R, L  
11-12          step/rock R back, recover to L  
13-14          step R to side, hitch L knee across R  
15-16          step L to side, hitch R knee across L

## **FORWARD ROCK SHUFFLE BACK, BACK ROCK SHUFFLE FORWARD**

17-18          step/rock R forward, recover to L  
19&20          shuffle back stepping R, L, R  
21-22          step/rock L back, recover to R  
23&24          shuffle forward stepping L, R, L

## **¼ TURNING JAZZ BOX, APPLE JACKS**

25-26          cross R over L, step L back  
27-28          turning ¼ right step R to side, step L together  
29-30          lift and fan L toe to left while weight on L heel & lift and fan R heel to right while weight on R toe, bring both to centre and drop toe and heel  
31-32          lift and fan L heel to left while weight on L toe & lift and fan R toe to right while weight on R heel, bring both to centre and drop heel and toe

**REPEAT**

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