

Diana

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Sharon Tan (AUS) - 19 July 2024
音乐: Diana - Paul Anka : (Album: Paul Anka)
或: All About That Bass - Meghan Trainor



(Alternate music option: All About That Bass by Meghan Trainor – Start after 32 counts)

Start dance after 32 counts instrumental intro when the singing starts

(Alternate music option: All About That Bass by Meghan Trainor (Album: Title) – Start after 32 counts)

R Side, Together, R Side, Touch, L Side, Together, L Side, Touch (Styling: sway with the natural movements)

1,2,3,4 Step R to R side, step L together, step R to R side, touch L together

5,6,7,8 Step L to L side, step R together, step L to L side, touch R together

R Shuffle Forward, L Scuff, L Shuffle Forward, R Scuff

1,2,3,4 Step R forward, step L beside R, step R forward, scuff L beside R

5,6,7,8 Step L forward, step R beside L, step L forward, scuff R beside L

Toe Struts Back x 4

1,2 Touch R toe back, drop R heel

3,4 Touch L toe back, drop L heel

5,6 Repeat 1-2

7,8 Repeat 3-4

2 x 1/8 Paddle Turns L with Hip Rolls, Hip Bumps Left, Back, Right, Front (Styling: hands on hips for all counts)

1,2 Step R forward, make 1/8 turn to L rolling hips counter-clockwise

3,4 Step R forward, make 1/8 turn to L rolling hips counter-clockwise (9:00)

5,6,7,8 Bump hips left, back, right, front

REPEAT