

All About That Bass

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 2 级数: Phrased Beginner
编舞者: June Shuman (USA) - July 2014
音乐: All About That Bass - Meghan Trainor



Intro: Start on the word ALL (Because You Know I'm ALL)
Sequence: A, BBBB, A, BBB, AAA,A till end at front (Really Easy)

PART A (32cts. 1 wall)

(1-8) BUMP HIPS RIGHT 2X, BUMP HIPS LEFT 2X, ROCKING CHAIR

1-4 Bump right hip to right side 2X, Bump left hip to left side 2X
5-6 Rock right forward, Replace onto left
7-8 Rock right back, Replace onto left

(9-16) BUMP HIPS RIGHT 2X, BUMP HIPS LEFT 2X, ¼ PIVOT LEFT 2X WITH HIPS ROLLS

1-4 Bump right hip to right side 2x, Bump left hip to left side 2
5-6 Step forward onto right turn ¼ left as you roll hips, weight to left*
7-8 Repeat above 5-6

*** Option: you can put your hands back onto your bums on the ¼ hip rolls**

(17-32) REPEAT ABOVE 16 COUNTS

PART B (32 cts. 2 wall)

RIGHT TOUCH FORWARD AS YOU ROLL HIPS CW, FORWARD ROCK STEP, COASTER

1-4 Touch right forward as you roll your hips CW 2X (weight ends on Left) *
5-6 Rock forward on right, replace onto left
7&8 Step back on right, step left next to right, step right forward

***Easy option for 1-4 is two right forward rock steps**

LEFT TOUCH FORWARD AS YOU ROLL HIPS CCW, FORWARD ROCK STEP, COASTER

1-4 Touch left forward as you roll hips CCW 2X (weight ends on right)*
5-6 Rock forward on left, replace onto right
7&8 Step back on left, step right next to left, step left forward

***Easy option for 1-4 is two left forward rock steps**

FORWARD ROCK STEP, TRIPLE BACK, BACK ROCK, ½ TRIPLE

1-2 Rock forward on right, replace onto left
3&4 Step back on right, step left next to right, step back on right
5-6 Rock back on left, replace onto right
7&8 Step left ¼ right, Step right next to left, Step left back ¼ right

RIGHT SIDE, HOLD, BALL, SIDE, TOUCH, LEFT SIDE, HOLD, BALL, SIDE, TOUCH

1-2 Step right to right side, Hold
&3-4 Quickly step ball of left next to right, Step right to right side, Touch left next to right
5-6 Step left to left side, Hold
&7-8 Quickly step ball of right next to left, Step left to left side, Touch right next to left

ENDING: Do the last 3 complete A's, then do only 28 counts of A, on count 29 just step right to right side pushing hip to right and pose!

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