

# All About That Bass

**COPPER KNOB**  
STEPPERS

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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