

All About That Bass 64

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 2 级数: Phrased Beginner
编舞者: Annemaree Sleeth (AUS) - August 2014
音乐: All About That Bass - Meghan Trainor : (Single - iTunes)



Phrased : 32 count 2/ 4 walls - No Tags No Restarts
Sequence Danced AA ,BB ,AA, BB , AAAA Last set of A's Makes it a 4 wall dance

Part A: 32 Counts

Sec 1: 1-8: STEP TOGETHERS RIGHT, TOUCH,OR ROLLING VINE TOUCH, L&R SIDE TOUCHES

1-4 Step R side, step L tog, step R side, step L tog, (twisting feet as you move)
5-8 Step R side, Step L tog, step R side , touch L beside R (twisting feet as you move)

Sec 2: 9-16: STEP TOGETHERS RIGHT, TOUCH, OR ROLLING VINE TOUCH R&L SIDE TOUCHES

1-4 Step L side, step R tog, step L side, step R tog, (twisting feet as you move)
5-8 Step L side, step R tog, step L side touch R beside L (twisting feet as you move)

Sec 3: 17- 24: KICK ,STEP, KICK , STEP,1/4 L KICK ,STEP, KICK, TOUCH

1-4 Kick R 45 , step R , kick L 45 , step L , or (touch on count 20)
5-8 1/4 L kick L 45, step L, kick R 45 , touch R beside L,

Sec 4: 25-32: DOUBLE HIPS RIGHT, DOUBLE HIPS LEFT, SINGLE HIPS

1 -2 Step R side transferring weight to R hips bouncing twice
3-4 Step L side transferring weight to L hips bouncing twice
5-8 Step R transfer weight R, L, R ,L, or hip rolls (add hands in a circle motion)

Part B: 32 counts

Sec 5: 33-40: PRISSY HOLD, PRISSY, HOLD,1/2 PIVOT HOLD, FORWARD HOLD

1-4 Cross R over L, hold Cross L over R, hold
5-8 Pivot 1/2R , hold(wgt R) Step L Forward hold

Sec 6: 41-48: SHIMMIES RIGHT AND LEFT

1-4 Step R side, hold, drag L, touch L beside R
5-8 Step L side, hold, drag R, touch R beside L ,

SEC 7: 49 -56: TOE STRUT , ROCKING CHAIR

1-4 Step R toe fwd, drop R heel, step L toe fwd, drop L heel
5-8 Rock fwd R, recover L, rock fwd R, recover L

Sec 8: 57-64: PADDLE TURNS X 4 (FULL TURN) OR JAZZ BOX WITH HOLDS

1-4 Step R fwd, pivot 1/4 L , Step R fwd, pivot 1/4 L (add rolling motion into the paddle turns)
5-8 , Step R fwd, pivot 1/4 L, Step R fwd, pivot 1/4 L (Add arms above your head in swirly motion)

OR JAZZ BOX WITH HOLDS

1-8 Cross R over L, hold, step L back, hold, step R side, hold, step L beside R

Repeat (Have Fun with this dance)

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