All About That Bass 32



拍数: 32 墙数: 4 级数: AB Basic Beginner

编舞者: Annemaree Sleeth (AUS) - August 2014

音乐: All About That Bass - Meghan Trainor: (Single - iTunes)



#32 count intro 14 sec (Start on word "Yeah") Dance Moves CCW

Sec 1: 1-8 STEP TOGETHERS RIGHT, x 4 TOUCH

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 LEFT, x 4 TOUCH

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 ¼ L, (groove into these kick steps) (9.00)

5-8 Kick R 45, step R, kick L 45 step L beside R,

Sec 4: 25-32 DOUBLE HIPS RIGHT, DOUBLE HIPS LEFT, SINGLE HIPS OPTIONAL V STEPS TWICE

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 body rolls, using hands to make circles

For New Dancers Try 2 V Steps instead of Hips

REPEAT - No Tags No Restarts

To End Of Dance - Finish At Front After Hip Rolls

Website: www.inlinedancing.webs.com - Email inlinedancing@gmail.com

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