

All About That Bass

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Trained Intermediate
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音乐: All About That Bass - Meghan Trainor



Phrasing: AA, BB, AA, BB, AAA

PART A: 32 counts

CHASE THE BUG, SLIDE, TOUCH (RIGHT & LEFT)

1&2 Chase the Bug (Right): Tap right toe to side three times (approx. 6" apart)
3-4 Step right to side (dragging left to right) and tap left toe next to right (option: clap)
5&6 Chase the Bug (Left): Tap left toe to side three times (approx. 6" apart)
7-8 Step left to side (dragging right to left) and tap right toe next to left (option: clap)

ROCK-RECOVER-CROSS, SHUFFLE, WALK ½ CIRCLE LEFT

1&2 Rock right to side, recover on left, cross right in front of left
3&4 Left side shuffle: left, right, left
5-8 Walk ½ circle left: right, left, right, left

STEP/HOPS FORWARD & BACK, HIP BUMPS

&1 Step/hop right forward at 45° angle, tap left toe next to right
&2 Step/hop left forward at 45° angle, tap right toe next to left
&3 Step/hop right back at 45° angle, tap left toe next to right
&4 Step/hop left back at 45° angle, tap right toe next to left
5-8 Bump hips: right, left, right, left (taking weight)

Option: stick booty slightly back for count 5, roll body toward back ending where you began with booty out for counts 6-8.

STEP FORWARD, TOUCH, ¼ TURN LEFT, TOUCH, SIDE SLAP, KNEE SLAP, CROSS ARMS, POINT UP

1-2 Step right forward, touch left next to right
3-4 Pivot ¼ turn left (taking weight on left), touch right next to left
5& Flick right foot back, slapping foot with right hand, touch right toe next to left
6& Hitch right knee, slapping knee with right hand, touch right toe next to left
7&8 Cross hands in front of body touching shoulders, swing hands out and up (head level)

PART B: 32 counts

STEP SIDE, TOGETHER, SIDE TOUCH (2XS) RIGHT & LEFT

1-4 Step right to side, step left next to right, step right to side, touch left
5-8 Step left to side, step right next to left, step left to side, touch right

STEP FORWARD, HIP SHAKE, STEP HOME, CLAP (FORWARD & BACK)

1&2 Step right forward, bumping hips right, left, right
3-4 Shift weight back to left, drag right back to left, taking weight (option: clap)
5&6 Step left back, bumping hips left, right, left
7-8 Shift weight back to right, drag left forward to right, taking weight (option: clap)

DIAGONAL STEP-TOUCHES FORWARD (RIGHT & LEFT), DIAGONAL BACK-TOUCHES (RIGHT & LEFT)

1-2 Step right forward on right diagonal, touch left next to right
3-4 Step left forward on left diagonal, touch right next to left
5-6 Step right back on diagonal, touch left next to right
7-8 Step left back on diagonal, touch right next to left

STEP FORWARD, HIP SHAKE, STEP HOME, CLAP (FORWARD & BACK)

- 1&2 Step right forward, bumping hips right, left, right
3-4 Shift weight back to left, drag right back to left, taking weight (option: clap)
5&6 Step left back, bumping hips left, right, left
7-8 Shift weight back to right, drag left forward to right, taking weight (option: clap)

REPEAT

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