

# About Da Bass

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Jo Conroy (UK) & Sharon Brizon (UK) - September 2014  
音樂: All About That Bass - Meghan Trainor : (iTunes)



## Intro: 32 Counts

### Section 1: Scuff. Step. Scuff. Step. In-In. Hold. Step Pivot 1/4

1-2-3-4      Scuff R heel forward. Step R to R side. Scuff L heel forward. Step L to L side.  
&5-6      Step R in. Step L beside R. Hold.  
7-8      Step R forward. Pivot 1/4 turn L (weight on L).

### Section 2: Fwd Mambo. Dip. Twerk. Heel-Hold & Heel & Hitch

1&2      Rock R forward. Recover onto L. Step R beside L.  
3      Dip down bending both knees (optional: hands on thighs).  
4      Lean forward, pushing hips/bottom upwards.  
5-6&      Dig R heel forward. Hold. Step R in place.  
7&8      Dig L heel forward. Step L in place. Hitch R knee up.

### Section 3: Back Rock. Scuff. Dip. Swivel Heel-Toes-Heel. Kick

1-2      Rock R back. Recover weight onto L.  
3-4      Scuff R heel forward. Step R to R side bending both knees.  
5-6-7-8      Swivel L heel-toes-heel towards R. Kick L to R diagonal.

### Section 4: Cross. Back & Cross. Hold. Unwind 1/2 turn. Hold. Coaster step

1-2      Cross L over R. Step R back.  
&3-4      Step L back. Cross R over L. Hold.  
5-6      Unwind 1/2 turn L (weight on R). Hold.  
7&8      Step L back. Step R beside L. Step forward L.

### Section 5: Jazz Jumps x 2. Toe Switches x 3. Flick

&1-2      Step R forward. Step L forward. Hold.  
&3-4      Step R back. Step L back. Hold.  
5&6&      Point R toe to R Side. Step R beside L. Point L toe to L Side. Step L beside R.  
7-8      Point R toe to R Side. Flick R heel back.

### Section 6: Cross Samba Steps x 2. Pivot 1/8 Turn x 2

1&2      Cross R over L. Step L to L side. Step R to R side.  
3&4      Cross L over R. Step R to R side. Step L to L side.  
5-6      Step R forward. Pivot 1/8 turn L (weight on L).  
7-8      Step R forward. Pivot 1/8 turn L (weight on L).

### Section 7: Forward Rock. Shuffle 1/2 Turn. Step. Tap & Heel & Step

1-2      Rock R forward. Recover weight onto L  
3&4      Make 1/2 turn R, stepping forward R-L-R  
5-6      Step L forward. Tap R toe behind L heel.  
&7&8      Step R back. Tap L heel forward. Step L beside R. Step R forward.

### Section 8: Pivot 1/4 Turn. Cross. Side. Behind. Side. Travelling Heel-Twist

1-2      Step L forward. Pivot 1/4 turn R (weight on R)  
3-4      Cross L over R. Step R to R side.  
5-6      Cross L behind R. Step R to R side.  
7      Twist both heels to the R, travelling R.  
8      Twist both toes to the centre (weight on L)

Ending: The dance finishes on Count 62 facing 6 o'clock, so just unwind a ½ turn to face the front for a big Ta-Da!

REPEAT

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