

No Treble

拍數: 64 牆數: 1 級數: Improver
編舞者: Patrick Fleming (USA) - October 2014
音樂: All About That Bass - Meghan Trainor



Forward R-L-R-Touch L-Back L-R-L-Touch Right

1,2 (1)Walk forward R. (2)Walk forward L. (12:00)

3,4 (3)Walk forward R. (4)Touch L beside R. (12:00)

***Optional Arms – Palms facing down at your sides, pump shoulders down and up for 1&2&3&4**

5,6 (5)Step back L. (6)Step back R. (12:00)

7,8 (7)Step back L. (8)Touch R beside L. (12:00)

R Step-Behind & Triple Step-L Step-Behind & Triple Step

1,2 (1)Step R to right side. (2)Step L behind R. (12:00)

3&4 (3)Step R beside L. (&)Step L beside R. (4)Step R beside L. (Triple in place) (12:00)

5,6 (5)Step L to left side. (6)Step R behind L. (12:00)

7&8 (7)Step L beside R. (&)Step R beside L. (8)Step L beside R. (Triple in place) (12:00)

R Step-Behind- ¼ - Step – ½ - ¼ L Side-Behind-Side

1,2 (1)Step R to right side. (2)Step L behind R. (12:00)

3,4 (3)Step R ¼ turn to right. (4)Step L forward. (3:00)

5,6 (5)Turn ½ turn to right stepping onto R. (9:00) (6)Step L ¼ turn to left. (12:00)

7,8 (7)Step R behind L. (8)Step L to left side. (12:00)

½ Slow Hip Turns to Left

1-8 Roll the hips as you slowly take 8 counts to turn ½ turn to left stepping, R-L-R-L-R-L-R-L (6:00)

R Side Toe-Strut-L Cross Toe-Strut-Sway Right-Sway Left ¼ Turn

1-2 Touch L toe across right. Step down onto left. (6:00)

3-4 Touch R toe to right side. Step down onto right foot. (6:00)

5-6 Swing hips to right as you step onto R. (6:00)

7-8 Swing hips to left as you turn ¼ turn to right stepping onto L. (9:00)

Toe Struts Forwards-Toe Struts Back

1-2 Touch R toe forward. Step down onto right. (9:00)

3-4 Touch L toe forward. Step down onto left. (9:00)

5-6 Touch R toe back. Step back onto R. (9:00)

7-8 Touch L toe back. Step back onto L. (9:00)

Swing R ¼ Turn-Double Hips Left-Step ¼ -Snap-Recover Back ¼ with Touch

1-2 Step R to right side ¼ turn to right. Swing hips to right. (12:00)

3&4 Step L to left side bumping hips left-right-left. (12:00)

5-6 Step R ¼ turn to left as you “crouch” low. Touch L beside R as you extend R hand forward w/snap. (9:00)

7-8 Recover to upright position as you step back onto L. Touch R beside L. (12:00)

Step R-“Shake the Booty”-Step R-“Shake the Booty”

1-2-3-4 Step R to right side. “Shake the Booty”. Step L beside R. (12:00)

5,6,7,8 Step R to right side. “Shake the Booty”. Step L beside R. (12:00)

OPTIONAL FUN TAG:

***This is done in place of the last 8 counts on the 1st and 3rd time you face the front.**

***This phrasing is done on the lyrics; "Every inch of you is perfect from the bottom to the top"**

- 1- Cross arms across chest.
- 2- Uncross arms and touch fingers to corresponding shoulders. (R to R-L to L)
- 3- Cross arms across stomach area.
- 4- Uncross arms to touch fingers to corresponding hips. (R to R-L to L)
- 5- Flick R up as you touch with R hand.
- &- Touch R beside L
- 6- Hitch R knee up as you slap knee with L hand.
- &- Step R beside L
- 7- Cross both arms across chest.
- 8- Raise both hands above head placing weight onto L to Restart dance.

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