

Booty-Licious

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Beginner
編舞者: Nat Davids (SA) - October 2014
音樂: All About That Bass - Meghan Trainor : (iTunes)



Intro: □ 32 counts

SECTION 1: [1 to 8] □ JAZZ BOX. HEEL TOGETHER, HEEL TOGETHER

1 2 3 4 Step RF across LF Step back on LF. Step RF to right side. Step LF across RF
5 6 Touch right heel to right diagonal. Step RF next to LF.
7 8 Touch LF to left diagonal. Step LF next to RF.

SECTION 2: [9 to 16] □ DIAGONAL STEP TOGETHER STEP TOUCH X 2

1 2 Step RF to right diagonal, step LF next to RF. Step RF to right diagonal.
3 4 Touch LF next to RF.
5 6 Step LF to left diagonal, step RF next to LF. Step LF to left diagonal.
7 8 Touch RF next to LF.

SECTION 3: [17 to 24] □ DIAGONAL EXTENDED SHUFFLES. STEP TOUCH

1 2 Step RF to right diagonal, step LF next to RF
3 4 Step RF to right diagonal, step LF next to RF
5 6 Step RF to right diagonal, step LF next to RF
7 8 Step RF to right diagonal, touch LF next to RF.

SECTION 4: [25 to 32] □ SIDE ROCK, CROSS, HOLD. SIDE ROCK, ¼ TURN, STEP HOLD

1 2 Rock LF to left side, recover onto RF
3 4 Step LF across RF, Hold.
5 6 Rock RF to right side, ¼ turn left, recover onto LF (9 o'clock)
7 8 Step RF fwd, Hold

SECTION 5: 33 to 40 □ 3 WALKS , HOLD. ROCK, RECOVER , STEP HOLD.

1 2 3 4 3 walks fwd, l r l, hold.
5 6 7 8 Rock fwd on RF, recover onto LF Step RF back, hold.

SECTION 6: [40 – 48] □ 3 WALKS BACK , ROCK RECOVER, STEP, HOLD

1 2 3 4 3 walks back, l r l, hold
5 6 7 8 Rock back on RF, recover on to LF, Step RF fwd, hold.

SECTION 7: [49 TO 56] □ BEND, STEP, HEEL, HOLD. ROCK, HOLD RECOVER, HOLD.

1 2 Bend both knees (1) and step onto LF (2)
3 4 Touch right heel to right diagonal (3), hold (4)
5 6 Rock fwd(diagonal) on RF, hold, drop right heel, lift left heel
7 8 Rock back on LF, touch right heel fwd on diagonal, hold, (pushing bottom out)

SECTION 8: [57 TO 64] □ STEP BEHIND, ¼ TURN FWD, STEP RIGHT, STEP TOGETHER

1 2 Step RF behind LF
3 4 ¼ turn left, step LF fwd (6 o'clock)
5 6 Step RF to right side
7 8 Step LF next to RF.

END

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