

All About That Bass

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Beginner
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音樂: All About That Bass - Meghan Trainor



CHASSE, CROSS ROCK, CHASSE CROSS ROCK

1&2 Step right to side, step left together, step right to side
3-4 Cross/rock left over right, recover onto right
5&6 Step left to side, step right together, step left to side
7-8 Cross/rock right over left, recover onto left

STEP, TOGETHER, CHASSE WITH ¼ TURN RIGHT, STEP 1/2 TURN, SHUFFLE FORWARD

1-2 Step right to right side, step left next to right (roll your hips R-L as you step)
3&4 Step right to side, step left together, step right to side turning ¼ turn right
5-6 Step forward on left, turn ½ turn right recovering weight onto left
7&8 Step slightly forward on left, step right next to left, step slightly forward on left

ROCK, RECOVER, RIGHT COASTER BACK, ROCK, RECOVER, LEFT COASTER BACK

1-2 Rock right forward, recover to left
3&4 Step right back, step left together, step right forward
5-6 Rock left forward, recover to right
7&8 Step left back, step right together, step left forward

V-STEP, STEP R, L, FULL SPIN TO LEFT

1-2 Step Right to forward right diagonal; Step Left to left side
3-4 Step Right back to center; Step Left next to right
5-6 Step Right forward; Step left forward (prep for turn)
7-8 Cross right over left and spin a full turn left ("Sweep")

REPEAT

More information and additional step sheets available at www.LineDance4You.com.