

Because You Know

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 1 級數: Improver
編舞者: Nancy Lee (MY) - October 2014
音樂: All About That Bass - Meghan Trainor



Intro : 32 Count

Nice Track, Fun Step.. Me & My Students Super Love it, hope you love it too! ~~

Section 1

[1-8] □ □ Cross Step , Point, Flick, Cross Step , R Jazz Box Cross

1-4 R Cross over L, point L to L, Flick L, Cross Step L over R

5-8 Cross R over L , Step back L, Step R to R , Cross L over R

Section 2

[9-16] □ ½ Turn L, Step R , Step L (Shoulder Width), Hip Shakes, Sweep ¼ Turn R, Step L Together, R Step Back, Sit , Point L Fwd □

1-2 ½ Turn L, Step R to R, Step L to L (Shoulder Width) (6:00)

3&4 R Hip Shakes

5-6 Sweep L, ¼ Turn R (5), Step L together R (6) (9:00)

7-8 R Step Back (7) , Sit and Point L Fwd (8)

Section 3

[17-24] □ Hitch L Knee , Step Together, Chest Pumps, Paddle with Hips Roll

1-2 Hitch L Knee, Step L Together R,

3-4 Chest Pumps – Up Twice

5-6 Step R Fwd (5), Paddle ¼ Turn L, Step L to L with Hip roll (6) (6:00)

7-8 ½ Turn L, Step R to R (7), Paddle with Hip Roll and Touch L beside R (8) Weight on R (12:00)

Section 4

[25-32] □ Sweep L Toes in a half – circle from front to back

1-4 Sweep L Toes in a half – circle from front to back

5-8 Repeat - Sweep L Toes in a half – circle from front to back (5-7), Step L together R (8) (12:00) □ weight on L

Section 5

[33-40] □ R Cross, L Point to L, L Cross , R Point Fwd, Heel Flicks (Out/In), R Kick Fwd, R Together L, L Point To L

1-4 R cross over L, Point l to L (With Shoulder Shimmy) L Cross over R, R Point Fwd

&5 R Heel Flicks (Out /In)

6-8 R Kick Fwd (6), R Step Together L (7), L Point To L (8) (12:00)

Section 6

[41-48] □ L Cross Behind, Point R , R Cross Behind, Point L to L, Pivot ½ Turn, Hip Shakes L

1-4 L Cross Behind R, Point R to R (1,2), R Cross Behind, Point L to L (3,4)

5-6 L Step Fwd, ½ Turn R, Step R Fwd

7&8 L Hip Shakes , weight on L (6:00)

Section 7

[49-56] □ □ Pivot ½ Turn L, Lock Steps Fwd , R L □ □ □

1-2 Step R Fwd , Pivot ½ Turn L, Step L Fwd (12:00)

3-5 R Lock Steps Fwd

6-8 L Lock Steps Fwd

Section 8

[57-64] □ R Jazz Box with Cross, Sit , point R Fwd , Heel Flicks- Out/In/Out

1-4 R Jazz box with cross,

5-8 Sit on L, Point R Fwd (5), R Heel Flicks – Out/In /Out

Hope you enjoy the dance !

For Song & Step sheet, please contact: Email : swan9198@gmail.com
