

# EZ All About That Bass

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Easy Absolute Beginner  
編舞者: Jo Hough (AUS) - October 2014  
音樂: All About That Bass - Meghan Trainor



Intro: after count 32

## Section 1: 1-8

**STEP TOUCH RIGHT, STEP TOUCH LEFT, LOCK STEP FORWARD ON RIGHT, TOUCH LEFT HOLD**

- 1-2            step right to right, touch left next to right
- 3-4            step left to left, touch right next to left
- 5-6            step right foot forward, step left behind right
- 7-8            step right forward and touch left together and hold (12 o clock)

## Section 2: 9-17

**STEP TOUCH LEFT, STEP TOUCH RIGHT, LOCK STEP FORWARD ON LEFT, TOUCH RIGHT HOLD**

- 1-2            step left to left touch right next to left
- 3-4            step right to right touch left next to right
- 5-6            step left foot forward step right behind left
- 7-8            step left forward and touch right together and hold (12 o clock)

## Section 3: 17-24

**STEP FORWARD ON RIGHT, HIP BUMPS RIGHT LEFT RIGHT WITH HOLD, STEP FORWARD ON LEFT, HIP BUMPS LEFT RIGHT LEFT WITH HOLD**

- 1-2            step forward on right foot hips forward on right, hips back left
- 3-4            hips forward on right with hold (on 4)
- 5-6            step forward on left moving hips left forward, hips back on right
- 7-8            hips left forward with hold (on 8) (12 o clock). See arm styling note below

## Section 4: 25-32

**ROCK RIGHT FORWARD WITH HOLD, ROCK RIGHT BACK WITH HOLD, ¼ TURN PADDLE ON RIGHT WITH HOLD, ¼ TURN PADDLE RIGHT WITH HOLD**

- 1 & 2            rock forward on right hold recover on left
- 3 & 4            rock back on right hold recover on left
- 5 & 6            ¼ turn paddle towards left, on right foot, with hold stepping on left,
- 7 & 8            step forward on right hold ¼ turn paddle on left (6 O'clock)

## NO BRIDGES OR RESTARTS

This dance was choreographed for year 3-7 school students with no dance experience, for an after school active sports program and is designed to get students dancing within ten minutes.

Section 3 : hip bumps - students encouraged to introduce own arm styling by bringing arms up to head in simulated hair flick whilst moving head forward and back in time with hips!

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