

No Treble

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ami Carter (UK) - September 2014
音樂: All About That Bass - Meghan Trainor : (iTunes)



[1 – 8] CROSS, ¼, ¼, POINT, ¼, ¼, BEHIND, ¼ TURN

- 1 2 3 4 Cross right foot over left, make ¼ turn right stepping left foot back, make ¼ turn right stepping right foot to right side, point left toe to left side (6.00)
5 6 Make ¼ turn left stepping left foot forward, make ¼ turn left stepping right foot to right side (12.00)
7 8 Cross left foot behind right, make ¼ turn right stepping right foot forward (3.00)

[9 – 16] STEP, PIVOT TURN/SIT, HIP BUMPS, FLICK FORWARD, COASTER STEP, STEP

- 1 2 Step left foot forward, pivot ½ turn right whilst keeping weight on left foot with knees bent slightly 'sitting' into left hip (9.00)
&3&4 Bump right hip twice (up-down-up-down) keeping weight on left foot
5 Flick right foot forward
6&7 8 Step right foot back, step left foot next to right, step right foot forward, step left foot forward

[17 – 24] ¼ SYNCOPATED WEAVE, HIP BUMPS, LEFT CHASSE

- 1 Make ¼ turn left stepping right foot to right side (6.00)
2&3 4 step left foot behind right, step right foot to right side, cross left foot in front of right, step right foot to right side
5 6 Keeping legs apart shift weight to left and bump left hip, shift weight to right and bump right hip
7&8 Shift weight to left foot, close right foot to left, step left foot to left side

[25 – 32] CROSS, SIDE, SAILOR STEP, HIP PUSHES

- 1 2 Cross right foot over left, step left foot to left side
3&4 Step right foot behind left, step left foot to left side, step right foot forward to right diagonal (facing 7.30)
5 6 7 8 Shift weight onto left foot pushing hips back, recover weight to right pushing hips forward, shift weight onto left foot pushing hips back, recover weight to right pushing hips forward

[33 – 40] CROSS, HITCH/SWIVEL, CROSS, POINT, STEP BACK POINT x2

- 1 2 Cross left foot over right, hitch right whilst swivelling to left corner (4.30)
3 4 Cross right foot over left, point left toe to left side
5 6 7 8 Step back on left foot, point right toe to right side, step back on right foot, point left toe to left side

[41 – 48] BEHIND, SIDE, CROSS SHUFFLE, SIDE ROCK, RECOVER, JAZZ BOX

- 1 2 Step left foot behind right, step right foot to right side
3&4 Cross left over right, step right slightly to right side, cross left over right
5 6 Rock right foot to right side, recover weight onto left foot,
7&8 Cross right over left, step left foot back, step right foot to right side

[49 – 56] STEP FORWARD, HOLD, BALL-STEP, TOUCH, ¼ SIDE, HOLD, BALL-STEP, TOUCH

- 1 2 Step left foot forward, hold
&3 4 Step ball of right foot next to left, step left foot forward, touch right behind left
5 6 Make ¼ turn right stepping right to right side, hold (9.00)
&7 8 Step ball of left foot next to right, step right foot to right side, touch left next to right

[57 – 64] R KNEE POP, HOLD, L KNEE POP, HOLD, KNEE POPS R, L, R (with arm styling), FLICK BACK

1 2 Shift weight to left and pop right knee, hold
3 4 Shift weight to right and pop left knee, hold
5 6 7 8 Pop right knee crossing arms at waist, pop left knee uncrossing arms to hips, pop right knee
 raising arms to click fingers at shoulder height, flick right foot back angling body to left
 diagonal.

START AGAIN! – NO TAGS OR RESTARTS

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