

# All About That Bass

COPPER KNOB  
STEPSHEETS

拍數: 160      牆數: 2      級數: Phrased Intermediate  
編舞者: Colleen Taljaard - September 2014  
音樂: All About That Bass - Meghan Trainor



#32 count intro - Phrased Dance: A, B, A-, BRIDGE, B, A-, A-, A-, A-

(NOTE: Dance A is only danced once with the full 64 counts right in the beginning; all Dance A's that follow are only danced up to end of count 32)

## SECTION A (64 COUNTS)

### [1-8] STEP RIGHT, L COASTER STEP, R HITCH, STEP R, ¼ RIGHT SHUFFLE

- 1-2&3-4      1) Step R to right side; 2) Step back on L; &) Step R next to L; 3) Step forward on L; 4) Hitch R foot
- 5-6      5) Step R to right side; 6) Step L behind R
- 7&8      7) Make quarter turn right stepping forward on R; &) Step L to R (in 3rd position); 8) Step forward on R

### [9-16] STEP FORWARD LEFT, ¾ PIVOT TURN, 2 HIP BUMPS, 2 SYNCOPATED CHASSE'S WITH STYLING (BODY ROLL)

- 1-2-3&4&      1) Step forward on L; 2) Pivot ¾ turning right; 3&4) Step L to left bumping hips twice, first up then down ending with weight placed on L; &) Place R next to L
- 5-6&7-8      5) Step L to left side; 6) Hold; &) Step R next to L; 7) step L to left side; 8) Touch R next to L  
Styling option: as L foot steps to side each time do body roll back (angle body to diagonal)(2 rolls)

### [17-24] STEP OUT R L, JUMP IN R L, VINE TO L, ½ TURN LEFT, HITCH R

- 1-2&3-4      1) Step R to right side; 2) Step L to left side; &3) Jump R in and place L next to R; 4) Hold
- 5-6-7-8      5) Step L to left; 6) Step R behind L; 7) Step L forward turning ¼ turn left; 8) Hitch R turning ¼ left

### [25-32] 2 SHIMMIES TO RIGHT

- 1-2-3-4      1-2) Step R to right (Shimmy shoulders); 3-4) Step L next to R (Shimmy shoulders)
- 5-6-7-8      5-6) Step R to right (Shimmy shoulders); 7-8) Step L next to R (Shimmy shoulders)

### [33-40] 3 WALKS FORWARD, KICK R, SYNCOPATED JAZZ BOX, KICK R

- 1-2-3-4      1) Walk forward on L; 2) Walk forward on R; 3) Walk forward on L; 4) Kick R forward;
- &5-6-7-8      &) Step R crossing over L; 5) Step back on L; 6) Step R to right side; 7) Step forward on L; 8) Kick R forward;

### [41-48] SYNCOPATED JAZZ BOX, 2 WALKS BACK, KICK R, STEP R BACK

- &1-2-3-4      &) Step R crossing over L; 1) Step back on L; 2) Step R to right side; 3) Step forward on L; 4) Touch R next to L
- 5-6-7-8      5) Step back on R; 6) Step back on L; 7) Kick R forward; 8) Step back on R (leaning back angling right shoulder to right diagonal with legs bent)

### [49-56] 2 HOLDS, L SHUFFLE FORWARD, R ROCK FORWARD, L RECOVER, ½ TURN RIGHT, ½ TURN RIGHT

- 1-2-3&4      1) Hold; 2) Hold; 3) Step forward on L; &) Step R to L (in 3rd position); 4) Step forward on L
- 5-6-7-8      5) Rock forward on R; 6) Recover on L; 7) Stepping on R turning ½ turn to right; 8) Stepping back on L turning ½ turn to right

### [57-64] R SIDE ROCK RECOVER, TRIPLE STEP, L SIDE ROCK RECOVER, TRIPLE STEP

- 1-2-3&4      1) Rock R to right side; 2) Recover on L; 3&4) Triple step on the spot stepping R L R
- 5-6-7&8      5) Rock L to left side; 6) Recover on R; 7&8) Triple step on the spot stepping L R L

**SECTION B (64 COUNTS)**

**[1-8] STEP RIGHT, R CHASSE, L CROSS ROCK, ¼ L SHUFFLE TURN**

- 1-2-3&4      1) Step R to right side; 2) Step L next to R; 3) Step R to right side; &) Step L next to R; 4) Step R to right side
- 5-6-7&8      5) Cross rock on L; 6) Recover on R; 7) Step L to left side; &) Step R next to L; 8) Step forward on L making ¼ turn to left

**[9-16] R SIDE ROCK, CROSS SHUFFLE, L SIDE ROCK, CROSS SHUFFLE**

- 1-2-3&4      1) Rock R to right side; 2) Recover on L; 3) Cross R over L; &) Step L to left side; 4) Cross R over L
- 5-6-7&8      5) Rock L to left side; 6) Recover on R; 7) Cross L over R; &) Step R to right side; 8) Cross L over R

**[17-24] REPEAT STEPS 1-8 OF SECTION B**

**[25-32] REPEAT STEPS 9-16 OF SECTION B**

**[33-40] REPEAT STEPS 1-8 OF SECTION B**

**[41-48] REPEAT STEPS 9-16 OF SECTION B**

**[49-56] REPEAT STEPS 1-8 OF SECTION B**

**[57-64] REPEAT STEPS 9-16 OF SECTION B**

**BRIDGE (32 COUNTS)**

**[1-8] UNWIND FULL TURN TO L, R KICK BALL CROSS, R KICK BALL CROSS**

- 1-2-3-4      1) Cross R over L; 2-3-4) Unwind turning full turn to the L on balls of feet
- 5&6-7&8      5) Kick R to right diagonal; &) Step in place on ball of R 6) Step L over R; 7) Kick R to right diagonal; &) Step in place on ball of R 8) Step L over R

**[9-16] R SIDE ROCK, RECOVER, BEHIND SIDE CROSS, L SIDE ROCK, RECOVER, BEHIND SIDE CROSS**

- 1-2-3&4      1) Rock R to right side; 2) Recover on L; 3) Step R behind L; &) Step L to left side; 4) Cross R over L
- 5-6-7&8      5) Rock L to left side; 6) Recover on R; 7) Step L behind R; &) Step R to right side; 8) Cross L over R

**[17-24] REPEAT STEPS 1-8 OF BRIDGE**

**[25-32] REPEAT STEPS 9-16 OF BRIDGE**

Contact: [colleen@compxcell.co.za](mailto:colleen@compxcell.co.za)

---