

# No Stick Figure

拍數: 32      牆數: 2      級數: Improver  
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音樂: All About That Bass - Meghan Trainor



## Starting after 32counts

### Section 1: Syncopated Rocks , Step, Step, ½ Heelgrind R

- 1-2&      Rock RF to right side. Recover to the left. Step RF next to LF.
- 3-4&      Rock LF to left side and recover to the right. Step LF next to RF.
- 5          Step RF forward.
- 6          Step LF forward
- 7-8      Cross right heel over left foot and twist toes to right. Turn ½ right stepping LF back. (6 o'clock).

### Section 2: Heel Drops, Skate, Skate, ¼ Shuffle L

- 1-2&      Step RF out and drop right heel twice to the floor(use your hips). Switch weight to RF.
- 3-4&      Step LF out and drop left heel twice to the floor(use your hips). Switch weight to LF.
- 5          Skate RF forward
- 6          Skate LF forward
- 7&8      Step RF forward, Step LF next to RF. Make a ¼ turning stepping RF to the left side (3 o'clock).

### Section 3: Cross, Side, ¼ Shuffle L, ½ Pivot L, Run, Run, Run

- 1-2      Cross LF over RF. Step RF to the side.
- 3&4      Step LF forward making a ¼ turn to left. Step RF together with LF. Step LF forward
- 5-6      Step RF forward and make a ½ pivot turn to left. Weight to the LF.
- 7&8      Make a small running steps forward R L R.

### Section 4: Rock step, Full turn L, Coaster step, Hitch and Rock.

- 1-2      Rock LF forward, recover to the right.
- 3-4      Make a full turn: Step LF forward making a ½ to left. Step RF back making a ½ turn to left.
- 5&6      Step LF back. Step RF next to LF. Step LF forward.
- &7&8&      Hitch right knee. Step RF next to LF. Rock LF to the left side and recover to right. Step LF next to RF.

Start Again! Enjoy!

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