

All About That Bass

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased High Beginner
編舞者: Stella Cabeza (USA) & Patti Bullock (USA) - November 2014
音樂: All About That Bass - Meghan Trainor



Intro - 32 counts of song then begin dance..."Yeah, It's pretty clear"
Sequence of Dance – AA,BB,AA,BB,AAAA :)

Part A – 32 Counts

Lindy Shuffle @ , Toe Struts (L), (optional Half turns)

1 & 2 Side together Side R,
3,4 Rock back on L, Recover on R
5,6 Toe Heel L, (optional Half turn L)
7,8 Cross Toe Heel R (optional Half turn L)

Lindy Shuffle (L), Toe Struts @ making a ¼ turn Right

1 & 2 Side together Side L
3,4 Rock back on R, Recover on L
5,6 Toe Heel R
7,8 Toe Heel L, making a ¼ turn R

Shuffle Forward, Toe Strut 1/4 turn , Toe Strut ½ turn, Toe Strut ¼ turn Right

1 & 2 Shuffle forward R, L,R
3,4 Toe Strut L making 1/4 turn R
5,6 Toe Strut R making ½ turn R
7,8 Toe Strut L making ¼ turn R

Shuffle R, Shuffle ¼ turn L, Shuffle ¼ turn R, Shuffle ¼ turn L

1 & 2 Shuffle Side together Side R
3 & 4 Shuffle Side together Side L making a ¼ turn L
5 & 6 Shuffle Side together Side R making a ¼ turn R
7 & 8 Shuffle Side together Side L making a ¼ turn L

Part B – 32 Counts

Mambo Forward, Mambo Back

1,2, Rock forward on R, Recover back on L
3, Hold 4 Step on R, Hold
5,6 Rock Back on L, Recover forward on R
7,8 Step on L, Hold

Rumba Box

1,2 Side Step R, Step L next to R
3, Hold 4 Step forward R, touch L next to R, Hold
5,6 Side Step L, Step R next to L
7,8 Step back on L, touch R next to L, Hold

Bachata Step Right

1,2 Step Side R, Step L next to R,
3,4 Step Side R, Touch L next to R and bump L Hip

Grapevine, ¼ turn Left, Brush

1,2 Side Step L, Cross behind L with R
3,4 Side Step L making a ¼ turn L, Brush R

Two Paddle turns Left w/ Hip Rolls, Hip Bumps R,L,R,L

1,2 Step forward R, Pivot 1/8 turn L (with Hip roll)

3,4 Step forward R, Pivot 1/8 turn L (with Hip roll)

5,6,7,8 Bump Hips Side to Side , R,L, R,L

Sequence of Dance – AA,BB,AA,BB,AAAA :)

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