

# All About That Bass

COPPER KNOB  
STEPPERS

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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