All About That Bass



拍數: 32 牆數: 4 級數: Beginner / Improver

編舞者: Yvonne Krause (USA) - October 2014 音樂: All About That Bass - Meghan Trainor



(32 Count Intro)

[1-8] □STEP BACK HITCH, STEP BACK KICK, COASTER STEP, W/SWEEPING 1/2 TURN LEFT□□

1-4 Step back on right, hitch left knee, step back on left, kick right foot forward.

5-7 Step back on right, step left beside right, step forward on right.

8 Sweep left foot toward back as you do a ½ turn left.

[9-16]□□COASTER, POINT, STEP POINT, STEP POINT

1-4 Step back on left, step right beside left, step forward on left, point right to right side.
5-8 Step forward right, point left to left side, step forward left, point right to right side.

[17-24] DBEHIND SIDE CROSS KICK, BEHIND SIDE CROSS KICK

1-4 Right behind left, step left to left side, cross right over left, kick left on the diagonal.
5-8 Left behind right, step right to right, cross left over right, kick right on the diagonal.

[25-32]□□COASTER W/1/4 TURN RIGHT, JUMP FORWARD, JUMP BACK

1-2 Step back on right as you make ¼ turn right, step left next to right.

3-4 Step forward on right and hold.

45-6 Jump forward left foot lead, clap as you hold.47-8 Jump back right foot lead, clap as you hold.

May You Always Dance Like No One Is Watching

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