

# About That Bass

**COPPER KNOB**  
STEPSHETS

拍數: 32                      牆數: 4                      級數: High Beginner  
編舞者: Laura Kampschroeder (USA) - November 2014  
音樂: All About That Bass - Meghan Trainor



## HEEL, STEP, HEEL, STEP, JAZZ BOX STEP

1, 2, 3, 4            Right heel forward, step on right, left heel forward, step on left  
5, 6, 7, 8            Cross right over left, step back on left, step side on right, step forward on left

## STEP, TURN ¼ LEFT, BUMP HIPS R, L, R, STEP SIDE, TOUCH, SIDE, TOUCH

1, 2, 3 & 4            Step right, turn ¼ left and step, bump hips right, left, right  
5, 6, 7, 8            Step left to side, touch together, step right to side, touch together

## CHASSE LEFT, ROCK BACK, RECOVER, TURN ¼ LEFT, TRIPLE STEP

1 & 2, 3, 4            Step left, together, left, rock back, recover  
5, 6, 7 & 8            Step, ¼ turn left and step, triple step forward (R,L,R)

## V STEP, KICK, BALL CHANGE, STEP BACK ¼ TURN RIGHT, HOOK

1, 2                    Step out diagonal forward left, step out diagonal forward right  
3, 4                    Step in diagonal back left, step in diagonal back right  
5 & 6, 7, 8            Kick left, step, step, step back left and ¼ turn right, hook right

## REPEAT

### Choreographer Contact Information:

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