

All About That Bass

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Pooi Kuan (MY) - January 2015
音樂: All About That Bass - Meghan Trainor



Dance start – after 32 counts (4x8)

Section 1: □ Step Together Step Touch 2x

1 2 3 4 Step RF to R, Step LF together, Step RF to R, Touch LF beside RF
5 6 7 8 Step LF to L, Step RF together, Step LF to L, Touch RF beside LF

Section 2: □ Cross Rock Recover Side Chasse 2x

1 2 3&4 Cross RF over LF, recover on left, Right Chasse RF,LF,RF
5 6 7&8 Cross LF over RF, recover on right, Left chasse LF,RF,LF

Section 3: □ Touch Step, Walk Back

1 2 3 4 Touch RF forward, Step on RF, Touch LF forward, Step on LF
5 6 7 8 Walk Back on RF,LF,RF, LF Step together.

Section 4: □ Paddle, Paddle, Jazz Box 1/4R Turn

1 2 3 4 Step RF forward, 1/4L Turn, Step RF Forward, 1/4L Turn,
5 6 7 8 Cross RF over LF, Step LF Back, 1/4R Turn Step RF to R, Step LF beside RF

Section 5: □ Right Twist-Clap, Left Rolling Vine-Clap

1 2 3 4 Step RF to R at the same time swivel heel to R,L,R, Clap
5 6 Turn 1/4L Step LF forward, Turn 1/4L Step RF to R,
7 8 Turn 1/2L Step LF to L, clap

Section 6: □ Small Jump Forward, Back, Right, Left

1 & 2 Step RF Forward, Step on ball on LF, Step RF in place
3 & 4 Step LF Back, Step on ball on RF, Step LF in place
5 & 6 Step Jump RF to R, Step on ball on LF, Step RF in place
7 & 8 Step LF to L, Step on ball on RF, Step LF in place

Section 7: □ Forward, Pivot 1/2L, Shuffle Forward, Touch Step

1 2 3&4 Step RF Forward, 1/2L Turn, forward shuffle on RF,LF,RF,
5 6 7 8 Touch LF diagonally L, Step LF beside RF, Touch RF diagonally R, Step RF beside LF

Section 8: □ Heel Bounce, Side Slap, Knee Slap, Cross Arms, Hands Up

1 2 3 4 Both heels bounce four time
(Cross arms in front of body touch shoulders, Open arms touch shoulder, Cross arms in front of tummy touch hips, open arms touch hips)
5 6 Flick RF back slap foot with Right hand, hitch Right Knee slap knee with Left hand
7 & 8 Cross arms in front of body touch shoulders, Open arms touch shoulder, both hands up

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