

# 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

Contact: Christy\_338@yahoo.com