

All About That Bass

COPPER **KNOB**
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Jo Rosenblatt (AUS) - March 2015
音樂: All About That Bass - Meghan Trainor : (Album: Title)



(Especially for the Emerald Malkari Guides)

START: □ 32 count Intro, weight on left

Diagonal Fwd, Touch, Clap, Clap, Diagonal Fwd, Touch, Clap, Clap

1-4 Step R fwd on right diagonal, Touch L beside right, Clap, Clap

(Make your claps high and to the right of your head.)

5-8 Step L fwd on left diagonal, Touch R beside left, Clap, Clap

(Make your claps high and to the left of your head.)

Heel Strut, Heel Strut, Heel Strut, Heel Strut

(Complete a half circle to the right with these Heel Struts.)

1 2 Step fwd on R heel, Step down on R toe

3 4 Step fwd on L heel, Step down on L toe

5 6 Step fwd on R heel, Step down on R toe

7 8 Step fwd on L heel, Step down on L toe

(Complete a half circle to the right as you Heel Strut. Click your fingers as you go.)

Run, Run, Run, Hold, Run, Run, Run, Hold

1-4 Run fwd: R, L, R, Hold

5-8 Run fwd: L, R, L, Hold

Stomp Out, Hold, Stomp Out, Hold, Stomp In, Hold, Stomp In, Hold

1-4 Stomp R out to right, Hold, Stomp L out to left, Hold

(At hip level: place R hand to right and L hand to left on your stomps.)

5-8 Stomp R in to centre, Hold, Stomp L in to centre, Hold

(Place your R hand to left shoulder and L hand to right shoulder on your stomps.)

Free to be copied provided no changes are made to the original choreography.

Jo Rosenblatt 0417 074218 errolandjo@bigpond.com