

# All About That Bass!

COPPER KNOB  
STEPSHEETS

拍數: 72                      牆數: 4                      級數: Phrased Intermediate  
編舞者: Susie Nunnally (USA) - August 2015  
音樂: All About That Bass (Workout Mix) - Daja



Sequence: A, B starting R, B starting L, C,C, 1/2 A, TAG, C at 2nd 8, C, C, C, A  
#32 COUNT INTRO

## PART A: 16 counts

**A1: (JAZZ JUMP FORWARD, CLAP; JAZZ JUMP BACK, CLAP; HEEL SPLIT; TOE SPLIT) DANCE 4X**

&1-2                      Step forward on the R, Step L to L, Clap

&3-4                      Jump back on the R, Step L to L, Clap

5-6-7-8                      Heel split, together; Toe split, together

**A2: (R TOE STRUT, L TOE STRUT; (R) ¼ TURNING JAZZ) DANCE 4X (END 12:00)**

1-2-3-4                      Touch R toe to R, Step down on R; Touch L toe to L, Step down on L (Forward)

5-6-7-8                      Step R across L, Step L back; Turn ¼ right Step R to R, Step L to L

## PART B: 24 counts

**B1: (R FORWARD, ROCK REC; (R) TRIPLE BACK; (L) ROCK REC; (L) TRIPLE FORWARD) (REPEAT)**

1-2-3&4                      Rock fwd on R, replace weight on L, shuffle back on R

5-6-7&8                      Rock back on L, replace weight on R, shuffle forward on L

**B2: (PIVOT HALF (L); TRIPLE RIGHT; (L) ROCK REC; (L) TRIPLE BACK)**

1-2-3&4                      Step fwd on R, pivot ½ turn L, shuffle fwd on R

5-6-7&8                      Step fwd on L, replace weight on R, shuffle back on L

**B3: (R ROCK REC; (R) TRIPLE FORWARD; PIVOT HALF (R); STEP LEFT, STEP RIGHT)**

1-2-3&4                      Rock back on R, replace weight on L, shuffle forward on R

5-6-7-8                      Pivot ½ turn R, Step L, Step R

**REPEAT PART B: START WITH LEFT FORWARD ROCK REC; ENDS WITH STEP RIGHT, STEP LEFT (END 12:00)**

## PART C: 32 counts

**C1: (R TOE STRUT, L TOE STRUT; JAZZ IN PLACE)**

1-2-3-4                      Touch R toe to R, Step down on R; Touch L toe to L, Step down on L (Forward)

5-6-7-8                      Step R across L, Step L back; Step R to R, Step L to L

**C2: \*\* (R TRIPLE FORWARD; (L) ROCK REC; SAILOR STEP ¼ TURN L; STEP RIGHT, STEP LEFT (END 9:00)**

1&2-3-4                      Shuffle forward on R, rock forward on L, replace weight on R

5&6-7-8                      Swing L back with ¼ turn L, replace weight on R, step forward on L, step R, step L

**C3: (LINDY RIGHT, ROCK RECOVER; LINDY LEFT, ROCK RECOVER)**

1&2-3-4                      Step R to R, Step close L to R, Step R to R; Rock back on L, Recover forward on R

5&6-7-8                      Step L to L, Step close R to L, Step L to L; Rock back on R, Recover forward on L

**C4: (R KICK BALL CHG; STEP R, TOUCH L; STEP L, ½ TURN, HITCH R; (R) BACK ROCK REC) (END 3:00)**

1&2-3-4                      R Heel, R Ball, L Step; Side step R, Touch L

5-6-7-8                      Step L, turn ½ L, Hitch R, Rock back on R, replace weight on L

**REPEAT PART C - (END 6:00)**

**REPEAT PART A... JUMP/CLAP, HEEL SPLIT, TOE SPLIT (ONLY) (FACING BACK WALL) DANCE 4X  
TAG: JAZZ IN PLACE; CROSS RIGHT OVER LEFT; BOUNCE 3 COUNTS ½ TURN LEFT (CTS 1-8) (END 12:00)**

**REPEAT PART C... STARTING AT 2ND 8 COUNT\*\* (END 3:00)**

REPEAT PART C... 3 TIMES (TO 3:00 6:00 9:00 WALLS) (END 12:00)  
REPEAT PART A... ALL 64 COUNTS WITH 1 LAST BEAT ENDING ON FRONT WALL!

Contact: Jean Cain - [jean\\_cain@aol.com](mailto:jean_cain@aol.com)

---