

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!

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