

I'M All about that Bass...

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Val Saari (CAN) - October 2018
音樂: All About That Bass - Meghan Trainor



FORWARD HIP STRUTS X 2 (R,L), MAMBO R

1-2 Touch RF toes forward, Drop heel (bump hips R,L,R)
3-4 Touch LF toes forward, Drop heel (bump hips L,R,L)
5-6 Rock to right side on RF, Recover LF
7-8 Step RF beside L, hold

FORWARD HIP STRUTS X 2 (L,R), MAMBO L

1-2 Touch LF toes forward, Drop heel (bump hips L,R,L)
3-4 Touch RF toes forward, Drop heel (bump hips R,L,R)
5-6 Rock to left side on LF, Recover RF
7-8 Step LF beside R, hold

SHUFFLE BACK RLR, LRL PIVOT 1/4 L, R ROCKING CHAIR

1&2 Shuffle back RLR
3&4 Shuffle back LRL Pivot 1/4 L
5-6 Rock RF forward, Recover LF
7-8 Rock RF back, Recover LF

MAMBO RIGHT, MAMBO LEFT

1-4 RF Rock side right, LF recover, RF close together beside L & hold
5-8 LF Rock side left, RF recover, LF close together beside R & hold

REPEAT - No Tags, No Restarts

Email: valeriesaari@icloud.com - Phone: 1-905-246-5027
