

# All About That Bass

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Laura Rittenhouse (AUS) - July 2023  
音樂: All About That Bass - Meghan Trainor



Start after 2 beats (134 BPM) with "All" (or wait a full 32 count cycle)

## S1: R HEEL FAN, VINE RIGHT

1,2,3,4      (Keeping weight on L foot with R toe touching ground while R heel is slightly lifted) Swivel R heel R, Swivel R heel L, Swivel R heel R, Swivel R heel L  
5,6,7,8      Step R to R, Step L behind R, Step R to R, Touch L beside R

## S2: L HEEL FAN, VINE LEFT

1,2,3,4      (Keeping weight on R foot) Swivel L heel L, Swivel L heel R, Swivel L heel L, Swivel L heel R  
5,6,7,8      Step L to L, Step R behind L, Step L to L, Touch R beside L

## S3: LOCK FWD R; LOCK BACK L

1,2,3,4      Step R fwd, Lock L behind R, Step R fwd, Hold  
5,6,7,8      Step L back, Lock R in front of L, Step L back, Hold

## S4: TURN ½ WITH 2 PADDLES; JAZZ BOX

1,2,3,4      Paddle R foot to turn L on L ¼ (1,2) (9:00), Paddle R foot to turn L on L ¼ (3,4) (6:00)  
5,6,7,8      Cross R over L, Step L back, Step R to R, Step L beside R