

All About That Bass

COPPER KNOB
BY PETER O'SHEA

拍數: 32 牆數: 4 級數: Beginner
編舞者: Peter O'Shea (AUS) - December 2023
音樂: All About That Bass - Meghan Trainor



Start: after 32 counts

SIDE SHUFFLE ROCK BACK RECOVER, HIP BUMPS

1&2 shuffle to side stepping R, L, R
3-4 step/rock L back, recover to R
5-6 step slightly to left and bump left hip, bump right hip
7-8 bump left hip, bump right hip

SIDE SHUFFLE ROCK BACK RECOVER, SIDE CROSS HITCH x 2

9&10 shuffle to side stepping L, R, L
11-12 step/rock R back, recover to L
13-14 step R to side, hitch L knee across R
15-16 step L to side, hitch R knee across L

FORWARD ROCK SHUFFLE BACK, BACK ROCK SHUFFLE FORWARD

17-18 step/rock R forward, recover to L
19&20 shuffle back stepping R, L, R
21-22 step/rock L back, recover to R
23&24 shuffle forward stepping L, R, L

¼ TURNING JAZZ BOX, APPLE JACKS

25-26 cross R over L, step L back
27-28 turning ¼ right step R to side, step L together
29-30 lift and fan L toe to left while weight on L heel & lift and fan R heel to right while weight on R toe, bring both to centre and drop toe and heel
31-32 lift and fan L heel to left while weight on L toe & lift and fan R toe to right while weight on R heel, bring both to centre and drop heel and toe

REPEAT

Email: pnoshea@yahoo.com.au