

# 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**

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