

All About That Bass

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: High Beginner
編舞者: MLD Puspa Rose (INA) - October 2024
音樂: All About That Bass - Meghan Trainor



MLD Puspa Rose (Elly Dhot, Arie, Pipien, Erlina, Rachdya, Erni, Seiccy & Ranny)

Intro Music. 32 count - No Tag, No Restart

Section 1. Diagonal Forward Shuffle R-L

1 - 4 Diagonal right forward (1) step L next to R (2) diagonal right forward (3) touch L next to R (4)
5 - 8 Diagonal left forward (5) step R next to L (6) diagonal left forward (7) touch R next to L (8)

Section 2. Lindy R-L

1&2 Step R to side (1) close L next to R (&) step R to side (2)
3 - 4 Step L slightly behind R (3) recover R (4)
5&6 Step L to side (5) close R next to L (&) step L to side (6)
7 - 8 Step R slightly behind L (7) recover L (8)

Section 3. Kickball Change 2x, Half Pivot 2x

1&2 Kick R forward (1) step R in place (&) touch L to side (2)
3&4 Kick L forward (3) step L in place (&) touch R to side (4)
5 - 6 Step R forward (5) turn 1/2 L, step L in place (6)
7 - 8 Step R forward (7) turn 1/2 L, step L in place (8)

Section 4. Right - Left side, Recover, Step In Place

1 - 2 Step R to side (1) recover L (2)
3&4 Step R close to L (3) step L in place (&) step R in place (4)
5 - 6 Step L to side (5) recover R (6)
7&8 Step L close to R (7) step R in place (&) step L in place (8)

Section 5. Right - Left forward, Step In Place, Right - Left Backward, Step In Place

1 - 2 Step R forward (1) recover L (2)
3&4 Step R close to L (3) step L in place (&) step R in place (4)
5 - 6 Step L forward (5) recover R (6)
7&8 Step L close to R (7) step R in place (&) step L in place (8)

Section 6. Cross Touch, Right Jazzbox

1 - 4 Cross R over L (1) touch L to side (2) cross L over R (3) touch R to side (4)
5 - 8 Cross R over L (5) turn 1/4 R, step L back (6) step R to side (7) step L forward (8)

Section 7. Rocking Chair, Side Touch

1 - 4 Step R forward (1) recover L (2) step L backward (3) recover R (4)
5 - 8 Step R to side (5) touch L next to R (6) step L to side (7) touch R next to L (8)

Section 8. Paddle Left Turn, Touch, and Hitch

1 - 4 Step R forward (1) turn 1/4 L, step L in place (2) step R forward (3) turn 1/4 L, step L in place (4)
5 - 8 Step R forward (5) touch in front (6) step L backward (7) hitch R (8)

Enjoy the dance!

For more information, please kindly contact me at: meet.ranny@gmail.com

