

All About That Booty

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Low Intermediate
編舞者: Valerie Daniel - July 2014
音樂: All About That Bass - Meghan Trainor



(1-8) □ Right step half turn to the left, shuffle, Quarter turn to the right, quarter turn to the right.

1, 2, 3 & 4 Step right foot forward. Pivot half turn to your left. Shuffle forward right, left, right.
5,6,7,8 Step left foot forward pivoting ¼ turn, turning to your right while rolling your hip ending with your weight on your right. Step left foot forward pivoting ¼ turn turning to your right while rolling your hip, ending with your weight on your right.

(9-16) □ Left step half turn to the right, shuffle, Quarter turn to the left, quarter turn to the left.

1, 2, 3 & 4 Step left foot forward. Pivot half turn to your right. Shuffle forward left, right, left.
5, 6, 7, 8 Step right foot forward pivoting ¼ turn, turning to your left while rolling your hip ending with your weight on your left. Step right foot forward pivoting ¼ turn turning to your left while rolling your hip, ending with your weight on your left.

(17-24) □ Crossing right over left weave left. Two bounces.

1,2,3,4,5,6 Cross right over left. Left to the side. Right behind left. Left to side. Cross right over left.
Touch left next to right.
& 7 & 8 Bounce your booty up and down, and up and down.

(25-32) □ Crossing left over right weave to right. Two bounces.

1,2,3,4,5,6 Cross left over right. Right to the side. Left behind right. Right to side. Cross left over right.
Touch step right next to left.
& 7 & 8 Bounce your booty up and down, and up and down.

(33-40) □ Step Left touch right. Step Right touch left. Roll hips to weight back onto left. Heel flick.

1,2,3,4 Step left foot to the side touch right foot next to left. Step right foot to side touch left next to right.
5, 6, 7, 8 Roll Hips clockwise starting from right side to left for one and a half rotations (from right to left to right to the left and put weight on left foot) leaving weight on your left foot heel flick right foot back.

(41-48) □ Step forward right, pivot half turn, shuffle forward right. Rock left forward, back coaster step.

1, 2, 3 & 4 Step right foot forward turning to your left, pivot ½ turn. Shuffle forward, right left right.
5, 6, 7 & 8 Rock left foot forward rocking back onto right foot. Step left foot back, step right next to left, step left foot forward.

(49-56) □ Right Mambo, Left Mambo.

1, 2, 3 & 4 Rock right foot to side, rocking back onto left. In place switch feet right, left, right.
5, 6, 7 & 8 Rock left foot to side, rocking back onto right. In place switch feet left, right, left.

(57-64) □ Four toe touches going backwards starting with right. Shuffle forward right then left shuffle.

1&2&3&4& Touch right toe down, step right foot back. Touch left toe down, step left foot back. Touch right toe down, step right foot back. Touch left toe down, step left foot back.
5&6, 7&8 Shuffle forward Right, Left, Right. Shuffle forward Left, Right, Left.

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