

All About That Bass

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Gail A. Dawson (USA) - July 2014
音樂: All About That Bass - Meghan Trainor



32 count intro

Modified Rumba Boxes

1-2 Right foot step to the right, left foot steps beside right
3-4 Right foot steps forward, left foot taps beside right
5-6 Left foot taps to the left, then beside right
7-8 Hip roll (alternate move – another tap out and back) weight ends up on right

1-2 Left foot step to the left, right foot steps beside left
3-4 Left foot steps back, right foot taps beside left
5-6 Right foot taps to the right, then beside left
7-8 Hip roll (alternate move – another tap out and back) weight ends up on left

Vine

1-2 Right foot steps to the right, left crosses behind right
3-4 Right foot steps to the right, left heel touches diagonally forward
5-6 Left foot steps to the left, right foot crosses behind left
7-8 Left foot steps to the left, right heel touches diagonally forward

Toe Struts and Hip Rolls

1-2 Step forward on right toe, drop heel taking weight
3-4 step forward on left toe, drop heel taking weight
5-6 Hip roll 1/8th turn to the left (counter clockwise)
7-8 Hip roll 1/8th turn to the left (counter clockwise)

Start again

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