

# All About That Bass 64

**COPPER KNOB**  
BY SHEETS

拍數: 64      牆數: 2      級數: Phrased Beginner  
編舞者: Annemaree Sleeth (AUS) - August 2014  
音樂: All About That Bass - Meghan Trainor : (Single - iTunes)



Phrased : 32 count 2/ 4 walls - No Tags No Restarts  
Sequence Danced AA ,BB ,AA, BB , AAAA Last set of A's Makes it a 4 wall dance

## Part A: 32 Counts

### Sec 1: 1-8: STEP TOGETHERS RIGHT, TOUCH, OR ROLLING VINE TOUCH, L&R SIDE TOUCHES

1-4            Step R side, step L tog, step R side, step L tog, (twisting feet as you move)  
5-8            Step R side, Step L tog, step R side , touch L beside R (twisting feet as you move)

### Sec 2: 9-16: STEP TOGETHERS RIGHT, TOUCH, OR ROLLING VINE TOUCH R&L SIDE TOUCHES

1-4            Step L side, step R tog, step L side, step R tog, (twisting feet as you move)  
5-8            Step L side, step R tog, step L side touch R beside L (twisting feet as you move)

### Sec 3: 17- 24: KICK ,STEP, KICK , STEP, 1/4 L KICK ,STEP, KICK, TOUCH

1-4            Kick R 45 , step R , kick L 45 , step L , or (touch on count 20)  
5-8            1/4 L kick L 45, step L, kick R 45 , touch R beside L,

### Sec 4: 25-32: DOUBLE HIPS RIGHT, DOUBLE HIPS LEFT, SINGLE HIPS

1 -2            Step R side transferring weight to R hips bouncing twice  
3-4            Step L side transferring weight to L hips bouncing twice  
5-8            Step R transfer weight R, L, R ,L, or hip rolls ( add hands in a circle motion )

## Part B: 32 counts

### Sec 5: 33-40: PRISSY HOLD, PRISSY, HOLD, 1/2 PIVOT HOLD, FORWARD HOLD

1-4            Cross R over L, hold Cross L over R, hold  
5-8            Pivot 1/2R , hold(wgt R) Step L Forward hold

### Sec 6: 41-48: SHIMMIES RIGHT AND LEFT

1-4            Step R side, hold, drag L, touch L beside R  
5-8            Step L side, hold, drag R, touch R beside L ,

### SEC 7: 49 -56: TOE STRUT , ROCKING CHAIR

1-4            Step R toe fwd, drop R heel, step L toe fwd, drop L heel  
5-8            Rock fwd R, recover L, rock fwd R, recover L

### Sec 8: 57-64: PADDLE TURNS X 4 (FULL TURN) OR JAZZ BOX WITH HOLDS

1-4            Step R fwd, pivot 1/4 L , Step R fwd, pivot 1/4 L (add rolling motion into the paddle turns)  
5-8 ,            Step R fwd, pivot 1/4 L, Step R fwd, pivot 1/4 L (Add arms above your head in swirly motion)

### OR JAZZ BOX WITH HOLDS

1-8            Cross R over L, hold, step L back, hold, step R side, hold, step L beside R

Repeat (Have Fun with this dance)

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