

All About That Bass 32

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: AB Basic Beginner
編舞者: Annemaree Sleeth (AUS) - August 2014
音樂: All About That Bass - Meghan Trainor : (Single - iTunes)



#32 count intro 14 sec (Start on word "Yeah") Dance Moves CCW

Sec 1: 1-8 STEP TOGETHERS RIGHT, x 4 TOUCH

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 LEFT, x 4 TOUCH

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 ¼ L, (groove into these kick steps) (9.00)
5-8 Kick R 45, step R , kick L 45 step L beside R,

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 body rolls, using hands to make circles

REPEAT - No Tags No Restarts

To End Of Dance – Finish At Front After Hip Rolls

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