

About That Bass

COPPER KNOB
BY STEPHEN T. C.

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Barbara R. K. Wallace (CAN) - September 2014
音樂: All About That Bass - Meghan Trainor



Intro: 32 Counts

TWO STEP POINTS (WITH HIP BUMPS) ROCK RECOVER ½ SHUFFLE RIGHT

1,2 Step forward right, touch left toe to side and bump left hip to side
3,4 Step forward left, touch right toe to side and bump right hip to side
5,6 Rock forward right, recover left
7&8 Shuffle ½ turn right (right, left, right)

TWO STEP POINTS (WITH HIP BUMPS) LEFT ¼ TURNING JAZZ BOX STEPPING ACROSS

1,2 Step forward left, touch right toe to side and bump right hip to side
3,4 Step forward right, touch left toe to side and bump left hip to side
5-8 Cross left over right, step back right, ¼ turn left stepping side left, cross right over left

LEFT LINDY, DIAGONAL STEP TOUCH, JAZZ JUMP LEFT WITH HIP BUMP

1&2 Side shuffle left, right, left
3,4 Rock back on right, recover left
5,6 Step diagonally forward on right, touch left beside right
&7&8 Step diagonally forward on left, touch right beside left, bump right hip up, bump hip down
(weight remains on left)

RIGHT JAZZ THREE, CROSS LEFT OVER, STEP BACK RIGHT, LEFT TOE BACK, TWO HEEL AND TWO BASS "BOOTY" BOUNCES TURNING ½ LEFT

1-3 Cross right over left, step back left, step side right
4-6 Cross left over right, step back right, touch left toe back
7,8 Bounce twice on heels of both feet making ½ turn left as you bounce your seat down and up twice.

REPEAT, ENJOY AND SMILE! u!!!

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