

# All About That Bass

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Trained Intermediate  
編舞者: Rich Klender (USA) - August 2014  
音樂: All About That Bass - Meghan Trainor



Phrasing: AA, BB, AA, BB, AAA

## PART A: 32 counts

### CHASE THE BUG, SLIDE, TOUCH (RIGHT & LEFT)

1&2      Chase the Bug (Right): Tap right toe to side three times (approx. 6" apart)  
3-4      Step right to side (dragging left to right) and tap left toe next to right (option: clap)  
5&6      Chase the Bug (Left): Tap left toe to side three times (approx. 6" apart)  
7-8      Step left to side (dragging right to left) and tap right toe next to left (option: clap)

### ROCK-RECOVER-CROSS, SHUFFLE, WALK ½ CIRCLE LEFT

1&2      Rock right to side, recover on left, cross right in front of left  
3&4      Left side shuffle: left, right, left  
5-8      Walk ½ circle left: right, left, right, left

### STEP/HOPS FORWARD & BACK, HIP BUMPS

&1      Step/hop right forward at 45° angle, tap left toe next to right  
&2      Step/hop left forward at 45° angle, tap right toe next to left  
&3      Step/hop right back at 45° angle, tap left toe next to right  
&4      Step/hop left back at 45° angle, tap right toe next to left  
5-8      Bump hips: right, left, right, left (taking weight)

Option: stick booty slightly back for count 5, roll body toward back ending where you began with booty out for counts 6-8.

### STEP FORWARD, TOUCH, ¼ TURN LEFT, TOUCH, SIDE SLAP, KNEE SLAP, CROSS ARMS, POINT UP

1-2      Step right forward, touch left next to right  
3-4      Pivot ¼ turn left (taking weight on left), touch right next to left  
5&      Flick right foot back, slapping foot with right hand, touch right toe next to left  
6&      Hitch right knee, slapping knee with right hand, touch right toe next to left  
7&8      Cross hands in front of body touching shoulders, swing hands out and up (head level)

## PART B: 32 counts

### STEP SIDE, TOGETHER, SIDE TOUCH (2XS) RIGHT & LEFT

1-4      Step right to side, step left next to right, step right to side, touch left  
5-8      Step left to side, step right next to left, step left to side, touch right

### STEP FORWARD, HIP SHAKE, STEP HOME, CLAP (FORWARD & BACK)

1&2      Step right forward, bumping hips right, left, right  
3-4      Shift weight back to left, drag right back to left, taking weight (option: clap)  
5&6      Step left back, bumping hips left, right, left  
7-8      Shift weight back to right, drag left forward to right, taking weight (option: clap)

### DIAGONAL STEP-TOUCHES FORWARD (RIGHT & LEFT), DIAGONAL BACK-TOUCHES (RIGHT & LEFT)

1-2      Step right forward on right diagonal, touch left next to right  
3-4      Step left forward on left diagonal, touch right next to left  
5-6      Step right back on diagonal, touch left next to right  
7-8      Step left back on diagonal, touch right next to left

### STEP FORWARD, HIP SHAKE, STEP HOME, CLAP (FORWARD & BACK)

- 1&2 Step right forward, bumping hips right, left, right  
3-4 Shift weight back to left, drag right back to left, taking weight (option: clap)  
5&6 Step left back, bumping hips left, right, left  
7-8 Shift weight back to right, drag left forward to right, taking weight (option: clap)

**REPEAT**

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