

All The Right Junk Simplified

COPPER KNOB
BY SHEETS

拍數: 80 牆數: 1 級數: Phrased Easy Intermediate
編舞者: Lisa McCammon (USA) & Sandi Larkins (USA) - August 2014
音樂: All About That Bass - Meghan Trainor : (Single)



#32 count intro; start weight on L - Sequence A, ABC, ABC, CCC

Note from choreographers: these are the same steps as in All The Right Junk, but without styling notations.

Part A, verse (32 counts)

[1-8] VINE R, HITCH, JAZZ BOX CROSS

1-4 Step R to side, step L behind R, step R to side, lift L knee
5-8 Cross step L over R, step back R, step L to side, cross step R over L

[9-16] TURN LEFT 1/4, STEP/BUMP R TO SIDE, BUMP LRL, STEP, TURN LEFT 1/4, REPEAT

1-2 Turn left 1/4 [9] stepping forward onto L, step R to side bumping weight to R
3&4 Bump LRL
5-8 Step forward R, turn left 1/4 [6]; step forward R, turn left 1/4 step [3]

[17-24] TURN LEFT 1/4 STEPPING SIDE R, STEP L HOME, BOUNCE, BOUNCE, VINE L, TOUCH

1-2 Turn left 1/4 [12], stepping R to side, step L next to R
3-4 Bend knees twice, ending with weight on R (keep movements small)
5-8 Step L to side, step R behind L, step L to side, touch R home

[25-32] SWEEP, STEP, SWEEP, STEP, COASTER STEP, STEP, TOUCH

1-2 Sweep R from front to back, step R slightly back
3-4 Sweep L from front to back, step L slightly back
5&6 Step back R, step L next to R, step forward R
7-8 Step forward L, touch R home

NOTE: After your first A, vine right for your second A; after the second A, step forward to start B

Part B, refrain (16 counts repeated at each wall)

[1-8] STEP, TURN, CROSS, SIDE, CROSS, L MAMBO STEP, TOUCH

1-2 Step forward onto R, turn left 1/4 [9] taking weight onto L
3-4-5 Step R across, step L to side, step R across (note these steps are straight counts)
6&7 Rock L to side, recover weight to R, step L home
8 Touch R toes home

[9-16] STEP FORWARD, ROLLING HIP CCW, ROCK BACK ROLLING HIP CW; REPEAT

1-2 Step R slightly forward swinging hips back to front counterclockwise ending with a bump and weight forward on R
3-4 Rock back onto L swinging hips front to back clockwise ending with a bump and weight back on L
5-8 Repeat counts 1-4, hitting the accent beat on the bumps

[17-32] REPEAT 1-16, ENDING AT [6]

[33-48] REPEAT 1-16, ENDING AT [3]

[49-56] REPEAT 1-8 ENDING AT [12] FOR LAST 8 COUNTS

[57-64] STEP FORWARD, ROLLING HIP CCW, ROCK BACK ROLLING HIP CW, TOUCH, HOLD 3 COUNTS

1-2 Step R slightly forward swinging hips back to front counterclockwise ending with a bump and weight forward on R

3-4 Rock back onto L swinging hips front to back clockwise ending with a bump and weight back on L

5-8 Touch R home, then hold for 3 counts

NOTE: B is always followed by C, the chorus, which starts with the slow jazz box

Part C, chorus (32 counts) The first time you do Part C, you will stay at the front wall.

At the end of the song when she repeats the chorus 4 times, turn ¼ R with each jazz box. You'll return to [12] for the ending.

[1-8] SLOW R JAZZ BOX CROSS

1-8 Cross step R over L, HOLD, step back L, HOLD, step R to side, HOLD, cross step L over R, HOLD

[9-16] SIDE, HEEL, SIDE, HEEL, WALK, WALK, WALK, TOUCH

1-4 Step R to side, touch L heel forward; step L to side, touch R heel forward

5-8 Walk forward R, L, R, touch L home

[17-24] SIDE, HEEL, SIDE, HEEL, BACK, BACK, BACK, TOUCH

1-4 Step L to side, touch R heel forward; step R to side, touch L heel forward

5-8 Step back, L, R, L, touch R home ****the last repetition of C ends here, facing [12]; see ending below**

[25-32] SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD

1-4 Step R to side, HOLD, touch L toes home, HOLD

5-8 Step L to side, HOLD, touch R toes home, HOLD

****Ending—the last repetition of C ends after 24 counts (C minus). You'll be facing [12]. You've just stepped back L, R, L, and R is touched home.**

There's one count left: step R slightly back to R diagonal, putting both hands on your hips, pulling R shoulder back, turning L knee in—ta-dah!

The track contains two words that some people might find offensive. Contact Lisa for information about the clean version we used in the video.

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