

# All About That Bass

拍数: 64                      墙数: 2                      级数: Easy Intermediate  
编舞者: Daan Geelen (NL) & Tommie Nijhuis (NL) - September 2014  
音乐: All About That Bass - Meghan Trainor



## Section 1: □ Jazz Box, Touch, Cross, Touch, Cross

1 2                      Cross R over L, Step L back  
3 4                      Step R to Right side, Cross L over R  
5 6                      Touch R to Right side, Cross R over L  
7 8                      Touch L to Left side, Cross L over R

## Section 2: □ Cross Rock, Triple Side, Cross Rock, Behind Side Cross.

1 2                      Rock R in front of L, Recover to L  
3 & 4                      Step R to Right side, Close L next to R, Step R to Right side  
5 6                      Rock L in front of R, Recover to R  
7 & 8                      Step L behind R with little Sweep, Step R to Right side, Cross L in front of R

## Section 3: □ Sweep Back to Front, Side Behind Side Cross, Side, Rock Recover.

1 2 3                      Sweep R Back to Front, Cross R over L, Step L to Left side  
4 & 5                      Step R behind L, Step L to Left side, Cross R in front of L  
6 7 8                      Step L to Left side, Rock R back, Recover to L

## Section 4: □ Kick Ball Cross, Touch, ½ Monterey Turn, Touch, Hold, Cross Shuffle

1 & 2                      Kick R Diagonal to Right, Step R next to L, Cross L in front of R  
3 4                      Touch R to Right side, Close R next to L turn ½ over Right Shoulder  
5 6                      Touch L to Left side, Hold  
7 & 8                      Cross L in front of R, Step R to Right side, Cross L in front of R

## Section 5: □ Step Side Touch, ¼ Touch, ¼ Touch, Step Side Touch

1 2                      Step R to Right side, Touch L next to R  
3 4                      Step L ¼ Turn to Left, Touch R next to L  
5 6                      Turn ¼ L Step R to Right side, Touch L next to R  
7 8                      Step L to Left side, Touch R next to Left

## Section 6: □ Step R Fwd, Sweep L, Step L Fwd, Sweep R, Rock R Fwd, Run Back

1 2                      Step R Fwd, Sweep L Back to Front  
3 4                      Step L Fwd, Sweep R Back to Front  
5 6                      Rock R Fwd, Recover to L  
7 & 8                      Step R Back, Step L Back, Step R Back

## Section 7: □ Back Rock, Shuffle, Syncopated Side Rocks

1 2                      Rock L Back, Recover to R  
3 & 4                      Step L Fwd, Close R next to L, Step L Fwd  
5 6                      Rock R to Right side, Recover to L  
& 7 8                      Close R next to L, Rock L to Left side, Recover to Right side

## Section 8: □ Sailor ¼ Turn, Step ¼ Turn, Hip-Bumps

1 & 2                      Step L Behind R, Close R next to L, Step L Fwd ¼ Turn L  
3 4                      Step R Fwd, ¼ Turn L keep weight on L  
5 & 6                      Bump Hip to Right side Up, Back to Centre, Bump Hip to Right side down  
7 & 8                      Bump Hip to Left side Up, Back to Centre, Bump Hip to Left side down

**Start Again! ENJOY!**

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