

From The Bottom To The Top

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
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音乐: All About That Bass - Meghan Trainor



Intro: 32 Counts

Step, Hold and, Step, Scuff, Step, Hold and, Step, Scuff

1-2& Step R forward, hold, step L next to R,
3-4 Step R forward, scuff L
5-6& Step L forward, hold, step R next to L,
7-8 Step L forward, scuff R

Roll Hip, Roll Hip, Walk, Hold, Walk, Hold

1-2 Step R forward pivoting 1/4 turn to left while rolling hip
3-4 Step R forward pivoting 1/4 turn to left while rolling hip (12:00)
5-6 Cross R in front of L (moving forward), hold
7-8 Cross L in front of R (moving forward), hold

Walk, Hold, Walk, Hold, Side, Heel, Side, Heel

1-2 Cross R in front of L (moving forward), hold
3-4 Cross L in front of R (moving forward), hold
5-6 Step R to R side, touch L heel at 45 degree angle (option: shimmy shoulders)
7-8 Step R to L side, touch R heel at 45 degree angle (option: shimmy shoulders)

Cross, Together, Rock Back, Recover, Heel, Knee, Cross, Up (from the bottom to the top)

1-2 1/8 turn R crossing R over L, step L next to R
3-4 Rock back R, recover weight on L
(option: extend R arm with palm up sweeping from right to left on count 3 and 4)
5-8 1/8 turn R stomp R next to L, hold 3 counts
(option: raise both hands from the bottom to the top on count 6 to 8)

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