

All About That Base

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Annalies Schmaltz (SA) - June 2025
音乐: All About That Bass - Meghan Trainor



Intro: 32 counts - No restarts or tags

Section 1 : Step right point left, step left point right, jazz box on the spot.

- 1.2.3.4. step right fwd, point left to left side, step left fwd point right to right side
5.6.7.8 step right ball-flat over left, left ball-flat behind right,, step right ball-flat to right side and close
 left ball-flat next to right

Section 2 : Step right point left, step left point right, jazz box on the spot.

- 1.2.3.4. step right fwd, point left to left side, step left fwd point to right to right side
5.6.7.8 step right ball-flat over left, left ball-flat behind right,, step right ball-flat to right side and close
 left ball-flat next to right

Section 3: R side rock recover, cross shuffle R.L.R, L side rock recover, cross shuffle L.R.L

- 1.2.3&4 step right to right and recover on left foot, cross right over left , small step to left with left and
 cross right over left
5.6.7&8 step left to left and recover on right foot, cross left over right, small step to right with right and
 cross left over right

Section 4: Rocking chair on right, jazz box ¼ turn to right

- 1.2.3.4. rock right foot forward, replace weight on left, rock right foot back recover on left
5.6.7.8 cross right foot over left foot, step back on left, placing foot behind right, turning ¼ step on
 right and close left next to right foot. (jazz box ball-flat throughout)

Enjoy dancing

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