

All The Right Junk

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 1 级数: Phrased Intermediate
编舞者: Lisa McCammon (USA) & Sandi Larkins (USA) - August 2014
音乐: All About That Bass - Meghan Trainor : (Single)



Start weight on L - 32 count intro (see notes at bottom of sheet for optional steps during intro)
Sequence: A, ABC, ABC, CCC- (don't panic—with one wall you always return to 12:00)

Note from choreographers: All The Right Junk Simplified contains steps without styling directions. These are well-known steps and there are only 3 easy syncopated combinations in the entire dance.

Part A, verse (go by the headings and remember that ALL STYLING IS OPTIONAL)

[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 into Fig. 4 hitch with foot snugly next to R calf
- 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, BUMP LRL, STEP, TURN LEFT 1/4, STEP, REPEAT

- 1 Turn left 1/4 [9:00] stepping fwd onto L
- 2 Step R to side, bumping hip R (styling: raise arms to W shape with elbows down, hands in fists)
- 3&4 Bump LRL (styling: L shoulder goes down-up-down with hip bumps)
- 5-8 Step fwd R, turn left 1/4 [6:00]; step fwd R, turn left 1/4 [3:00] (styling: roll hips during turns)

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

- 1-2 Turn left 1/4 [12:00], stepping R to side, step L next to R
- 3-4 Bend knees twice--these "bounces" are SMALL
(styling: with palms parallel to floor, place one hand over the other under your chin, elbows out to sides; nod head with the bounces)
- 5-8 Step L to side, step R behind L, step L to side, touch R

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

- 1-2 Slide R toes slightly fwd then lift R hip, sweeping toes from front to back stepping R slightly back (styling: place both palms loosely on thighs; roll R shoulder front to back during R toe sweep)
- 3-4 Slide L toes slightly fwd then lift L hip, sweeping toes from front to back stepping L slightly back (styling: hands still on thighs, roll L shoulder front to back during L toe sweep)
- 5&6 Step back R, step L next to R, step fwd R
- 7-8 Step fwd L, touch R home

NOTE: after your first A only, vine R for your second A to start an ABC sequence

Part B, refrain (this is 16 easy counts repeated 4 times)

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

- 1-2 Step fwd onto R, turn left 1/4 [9:00] taking wt onto L
- 3-4-5 Step R across, step L to side, step R across (note these are straight counts)
- 6&7 Rock L to side, rec wt to R, step L home
- 8 Touch R toes home and clap

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

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

[17-32] □ REPEAT 1-16, ENDING AT [6:00]
[31-48] □ □ REPEAT 1-16, ENDING AT [3:00]
[49-56] □ REPEAT 1-8 ENDING AT [12:00]

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

1-4 Roll hips as above, ending with a bump and wt back on L

5 Touch R home

6-7-8 Hold position with wt on L

(styling: flick hands in "move along" gesture, starting at shoulder height and gradually getting lower with each flick)

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

Part C, chorus "Because you know I'm all about that bass"

The first time you do Part C, you will stay at the front wall. When you get to the repetitions at the end, turn ¼ R with the jazz box each time.

You'll end facing 12:00 for the last C- (24 counts)

[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 dipping slightly, touch L heel fwd; step L to side dipping slightly, touch R heel fwd (styling: place □ hands on hips)

5-6-7 Walk fwd R, L, R (styling: drop hands to sides, palms parallel to floor, and shrug shoulders up/down)

8 Touch L home

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

1-4 Step L to side dipping slightly, touch R heel fwd; step R to side dipping slightly, touch L heel fwd (styling as above)

5-6-7 Step back L, R, L (styling as above)

8 Touch R home **the last repetition of C ends here, facing [12:00]; see Ending below

[25-32] □ SIDE/BOUNCE, BOUNCE, TOUCH/BOUNCE, BOUNCE, SIDE/BOUNCE, BOUNCE, TOUCH/BOUNCE, BOUNCE

1-2 Step R to side bouncing slightly down on each count (styling: look right, place hands up at shoulder level, palms facing fwd, "push" hands fwd twice in time with bounces—these are small, controlled movements)

3-4 Touch L toes home, bouncing slightly down on each count (styling: look fwd, swing hands around to hip □ level, fingers toward floor, palms fwd, "push" fwd twice in time with bounces)

5-6 Step L to side, bouncing slightly down on each count

(styling: look left, repeat high pushes as above)

7-8 Touch R toes home, bouncing slightly down on each count

(styling: look fwd, repeat low pushes as above)

****Ending—the last repetition of C ends after 24 counts (C minus). You're at [12:00], wt on L, R touched home. There's one count left: step R slightly back to R diagonal, putting both hands on your hips and pulling R shoulder back, turning L knee in—ta-dah.**

OPTIONAL easy steps during the intro. If you do these steps, you'll need to be prepared to start quickly.

Count 1 is on ALL when she sings "Because you know I'm ALL about the bass . . ."

[1-8] □ K STEP (WITH OPTIONAL CLAPS)

1-2 Step R fwd to R diagonal, touch L home (clap once on touch)

3-4 Step L back to L diagonal, touch R home (clap once on touch)

5-6 Step R back to R diagonal, touch L home (optional clap twice on touch for 6&)

7-8 Step L fwd to L diagonal, touch R home (clap once on touch)

[9-16] □ REPEAT PREVIOUS 8

[17-24] □ REPEAT PREVIOUS 8

[25-32] □ HALF K STEP, HOLD, HOLD, HOLD, HOLD

1-4 Step R fwd to R diagonal, touch L home; step L back to L diagonal, touch R home

5-8 HOLD 4 counts (can bump hips/shimmy shoulders with repeated lyrics "bass, bass," but keep wt on L)

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

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