

# From The Bottom To The Top

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
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音樂: 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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