

All About that Bass

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA) - November 2014
音樂: All About That Bass - Meghan Trainor



SIDE STEPS,HIP SWAYS

(Once you got it. get down & dirty with it)

1-2 ... slide to right,step left next to right
3&4 ... sway hips ... right,left,right
5-6 ... slide to left,step right next to left
7&8 ... sway hips left,right,left

ROCKING CHAIR

1-2 ... rock forward on right,recover on left
3-4 ... rock back on right,recover on left
5-6 ... rock forward on right,recover on left
7-8 ... rock back on right,recover on left

FORWARD SHUFFLE,FORWARD STEP,1/2 CW TURN,FORWARD SHUFFLE,FORWARD STEP,1/2 CCW TURN

1&2 ... shuffle forward ... right,left,right
3-4 ... step forward on left,step right making ½ CW Turn
5&6 ... shuffle forward left,right,left
7-8 ... step forward on right,step left making ½ CCW Turn

CROSS POINTS,CROSS STEP,1/4 CW TURN,1/2 CW TURN,STEP

1-2 ... cross right over left,point left to side
3-4 ... cross left behind right,point right to side
5-6 ... cross right over left,step back on left making ¼ CW Turn
7-8 ... step right making ½ CW Turn,step left next to right

End of dance