

# Because You Know

LINEDANCE.COM

**Count:** 64      **Wall:** 1      **Level:** Improver

**Choreographer:** Nancy Lee ( Oct 2014 )

**Music:** All About That Bass – Meghan Trainor

## Intro : 32 Count

**Nice Track, Fun Step.. Me & My Students Super Love it, hope you love it too! ~~**

## Section 1

**[1-8] Cross Step , Point, Flick, Cross Step , R Jazz Box Cross**

**1-4R Cross over L, point L to L, Flick L, Cross Step L over R**

5-8      Cross R over L , Step back L, Step R to R , Cross L over R

## Section 2

**[9-16] ½ Turn L, Step R , Step L (Shoulder Width),Hip Shakes, Sweep ¼ Turn R, Step L Together, R Step Back, Sit , Point L Fwd**

**1-2½ Turn L, Step R to R, Step L to L ( Shoulder Width )( 6:00)**

**3&4R Hip Shakes**

5-6      Sweep L, ¼ Turn R (5), Step L together R (6) ( 9:00)

**7-8R Step Back ( 7) , Sit and Point L Fwd (8)**

## Section 3

**[17-24] Hitch L Knee , Step Together, Chest Pumps, Paddle with Hips Roll**

1-2      Hitch L Knee, Step L Together R,

3-4      Chest Pumps – Up Twice

5-6      Step R Fwd (5), Paddle ¼ Turn L, Step L to L with Hip roll(6) ( 6:00)

**7-8½ Turn L, Step R to R (7), Paddle with Hip Roll and Touch L beside R (8) Weight on R (12:00)**

## Section 4

## **[25-32] Sweep L Toes in a half - circle from front to back**

**1-4** Sweep L Toes in a half -circle from front to back

**5-8** Repeat - Sweep L Toes in a half - circle from front to back (5-7), Step L together R ( 8)  
(12:00) weight on L

## **Section 5**

### **[33-40] R Cross, L Point to L, L Cross , R Point Fwd, Heel Flicks (Out/In), R Kick Fwd, R Together L, L Point To L**

**1-4R cross over L, Point l to L ( With Shoulder Shimmy ) L Cross over R, R Point Fwd**

**&5R Heel Flicks ( Out /In )**

**6-8R Kick Fwd (6), R Step Together L (7), L Point To L (8) (12:00)**

## **Section6**

### **[41-48] L Cross Behind, Point R , R Cross Behind, Point L to L, Pivot ½ Turn, Hip Shakes L**

**1-4L Cross Behind R, Point R to R (1,2), R Cross Behind, Point L to L (3,4)**

**5-6L Step Fwd, ½ Turn R, Step R Fwd**

**7&8L Hip Shakes , weight on L ( 6:00)**

## **Section 7**

### **[49-56] Pivot ½ Turn L, Lock Steps Fwd , R L**

**1-2** Step R Fwd , Pivot ½ Turn L, Step L Fwd (12:00)

**3-5R Lock Steps Fwd**

**6-8L Lock Steps Fwd**

## **Section 8**

### **[57-64] R Jazz Box with Cross, Sit , point R Fwd , Heel Flicks- Out/In/Out**

**1-4R Jazz box with cross,**

**5-8** Sit on L, Point R Fwd (5), R Heel Flicks - Out/In /Out

**Hope you enjoy the dance !**

**For Song & Step sheet, please contact: Email : [swan9198@gmail.com](mailto:swan9198@gmail.com)**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=100581](https://www.linedance.com/index.php?f=dance_view&id=100581)