



Approved by:



All About That Bass

2 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 4 5 – 6 7 – 8	Jazz Box Cross, Touch Cross, Touch Cross Cross right over left. Step left back. Step right to right side. Cross left over right. Touch right to right side. Cross right over left. Touch left to left side. Cross left over right.	Jazz Box Cross Touch Cross Touch Cross	On the spot Forward
Section 2 1 – 2 3 & 4 5 – 6 7 & 8	Cross Rock, Chasse Right, Cross Rock, Behind Side Cross Cross rock right over left. Recover onto left. Step right to right side. Close left beside right. Step right to right side. Cross rock left over right. Recover onto right. Cross left behind right. Step right to right side. Cross left over right.	Cross Rock Chasse Right Cross Rock Behind Side Cross	On the spot Right On the spot Right
Section 3 1 – 3 4 & 5 6 – 8	Sweep Cross Side, Behind Side Cross, Side, Back Rock Sweep right from back to front. Cross right over left. Step left to left side. Cross right behind left. Step left to left side. Cross right over left. Step left to left side. Rock back on right. Recover onto left.	Sweep Cross Side Behind Side Cross Side Rock Back	Left
Section 4 1 & 2 3 – 4 5 – 6 7 & 8	Kick Ball Cross, Monterey 1/2 Turn, Hold, Cross Shuffle Kick right to right diagonal. Step right beside left. Cross left over right. Touch right out to right side. Turn 1/2 right stepping right beside left. Touch left out to left side. Hold. Cross left over right. Step right to right side. Cross left over right.	Kick Ball Cross Touch Turn Touch Hold Cross Shuffle	Forward Turning right On the spot Right
Section 5 1 – 2 3 – 4 5 – 6 7 – 8	Side Touch, 1/4 Turn Touch, 1/4 Turn Touch, Side Touch Step right to right side. Touch left beside right. Turn 1/4 left stepping left to side. Touch right beside left. Turn 1/4 left stepping right to side. Touch left beside right. Step left to left side. Touch right beside left.	Side Touch Quarter Touch Quarter Touch Side Touch	Right Turning left Left
Section 6 1 – 2 3 – 4 5 – 6 7 & 8	Step Sweep x 2, Forward Rock, Run Back x 3 Step right forward. Sweep left from back to front. Step left forward. Sweep right from back to front. Rock forward on right. Recover onto left. Run back - right, left, right.	Step Sweep Step Sweep Rock Forward Run Run Run	Forward On the spot Back
Section 7 1 – 2 3 & 4 5 – 6 & 7 – 8	Back Rock, Forward Shuffle, Syncopated Side Rocks Rock back on left. Recover onto right. Step left forward. Close right beside left. Step left forward. Rock right to right side. Recover onto left. Step right beside left. Rock left to left side. Recover onto right.	Rock Back Left Shuffle Side Rock & Side Rock	On the spot Forward On the spot
Section 8 1 & 2 3 – 4 5 & 6 7 & 8	Sailor 1/4 Turn, Step Pivot 1/4, Hip Bumps Cross left behind right. Step right to side. Turn 1/4 left stepping left forward. Step right forward. Pivot 1/4 turn left. Bump hips up to right side. Bump back to centre. Bumps hips down to right side. Bump hips up to left side. Bump back to centre. Bump hips down to left side.	Sailor Turn Step Pivot Bump & Bump Bump & Bump	Turning left On the spot

Choreographed by: Daan Geelen and Tommie Nijhuis (NL) September 2014

Choreographed to: 'All About That Bass' by Meghan Trainor from CD Single; download available from amazon or iTunes (start on main vocals)



A video clip of this dance is available at www.linedancermagazine.com