

All About That Bass 64

Phrased, 64 Count, 2/4Wall, Beginner

Choreographer: Annemaree Sleeth (Aus) August 2014

Choreographed to: All About That Bass by Meghan Trainor
(iTunes – 134 bpm)

Sequence Danced AA ,BB ,AA, BB , AAAA Last set of A's Makes it a 4 wall dance

Part A 32 Counts

1-8 STEP TOGETHERS RIGHT, TOUCH, OR ROLLING VINE TOUCH, L&R SIDE TOUCHES

1-4 Step R side, step L tog, step R side, step L tog, (twisting feet as you move)

5-8 Step R side, Step L tog, step R side , touch L beside R (twisting feet as you move)

9-16 STEP TOGETHERS RIGHT, TOUCH, OR ROLLING VINE TOUCH R&L SIDE TOUCHES

1-4 Step L side, step R tog, step L side, step R tog, (twisting feet as you move)

5-8 Step L side, step R tog, step L side touch R beside L (twisting feet as you move)

17- 24 KICK ,STEP, KICK , STEP,1/4 L KICK ,STEP, KICK, TOUCH

1-4 Kick R 45 , step R , kick L 45 , **step L , or (touch on count 20)**

5-8 1/4 L kick L 45, step L, kick R 45 , touch R beside L,

25-32 DOUBLE HIPS RIGHT, DOUBLE HIPS LEFT, SINGLE HIPS

1-2 Step R side transferring weight to R hips bouncing twice

3-4 Step L side transferring weight to L hips bouncing twice

5-8 Step R transfer weight R, L, R ,L, or hip rolls (add hands in a circle motion)

Part B 32 counts

33-40 PRISSY HOLD, PRISSY, HOLD,1/2 PIVOT HOLD, FORWARD HOLD

1-4 Cross R over L, hold Cross L over R, hold

5-8 Pivot 1/2R , hold (wgt R) Step L Forward hold

41- 48 SHIMMIES RIGHT AND LEFT or hips section here

1-4 Step R side, hold, drag L, touch L beside R

5-8 Step L side, hold, drag R, touch R beside L ,

49 -56 TOE STRUT, ROCKING CHAIR

1-4 Step R toe fwd, drop R heel, step L toe fwd, drop L heel

5-8 Rock fwd R, recover L, rock fwd R, recover L

57-64 PADDLE TURNS X 4 (FULL TURN) OR JAZZ BOX WITH HOLDS

1-4 Step R fwd, pivot 1/4 L , Step R fwd, pivot 1/4 L (add rolling motion into the paddle turns)

5-8 Step R fwd, pivot 1/4 L, Step R fwd, pivot 1/4 L (Add arms above your head in swirly motion)

OR JAZZ BOX WITH HOLDS

1-8 Cross R over L, hold, step L back, hold, step R side, hold, step L beside R

Have Fun with this dance