

All About That Bass

Count: 32

Wall: 2

Level: Beginner

Choreographer: Laura Rittenhouse (AUS) - July 2023

Music: All About That Bass - Meghan Trainor



Start after 2 beats (134 BPM) with "All" (or wait a full 32 count cycle)

S1: R HEEL FAN, VINE RIGHT

1,2,3,4 (Keeping weight on L foot with R toe touching ground while R heel is slightly lifted) Swivel R heel R, Swivel R heel L, Swivel R heel R, Swivel R heel L
5,6,7,8 Step R to R, Step L behind R, Step R to R, Touch L beside R

S2: L HEEL FAN, VINE LEFT

1,2,3,4 (Keeping weight on R foot) Swivel L heel L, Swivel L heel R, Swivel L heel L, Swivel L heel R
5,6,7,8 Step L to L, Step R behind L, Step L to L, Touch R beside L

S3: LOCK FWD R; LOCK BACK L

1,2,3,4 Step R fwd, Lock L behind R, Step R fwd, Hold
5,6,7,8 Step L back, Lock R in front of L, Step L back, Hold

S4: TURN ½ WITH 2 PADDLES; JAZZ BOX

1,2,3,4 Paddle R foot to turn L on L ¼ (1,2) (9:00), Paddle R foot to turn L on L ¼ (3,4) (6:00)
5,6,7,8 Cross R over L, Step L back, Step R to R, Step L beside R