

All About The Bass

Count: 32

Wall: 4

Level: Improver

Choreographer: Mathew Sinyard (UK) - October 2014

Music: All About That Bass - Meghan Trainor

Intro: 32 counts - Style: Pop / Disco

Section 1: Step Lock, Step Lock Step (x2)

- 1-2 Step right foot forward, lock left foot behind.
- 3&4 Step right foot forward, lock left foot behind, step forward on right foot.
- 5-6 Step forward on left foot, lock right foot behind.
- 7&8 Step forward on left foot, lock right foot behind, step forward on left.

Section 2: Side, Slide, Hip Bumps (x2)

- 1-2 Step right foot to right side, slide left foot beside right (keeping weight on right foot).
- 3-4 Bump hips left and right.
- 5-6 Step left foot to left side, slide right foot beside left (keeping weight on left).
- 7-8 Bump hips right and left.

Section 3: Back Touch (x2), Grapevine, Brush 1/2 turn.

- 1-2 Step back on right foot, touch left foot forward.
- 3-4 Step back on left foot, touch right foot forward.
- 5-8 Step right foot to right side, cross left foot behind right, step right foot to right side, brush left forward into a 1/2 turn right (keeping weight on right foot).

Section 4: Left Chasse, Back Rock, Side, Slide, Hip/Body Roll 1/4 turn left.

- 1&2 Step left to left side, close right beside left, step left to left side.
- 3-4 Rock back on right foot, recover on to left foot.
- 5-6 Step right foot to right side, slide left foot beside right foot.
- 7-8 Body roll or rotate hips twice over 2 counts whilst making a 1/4 turn to the left
(weight ending on left foot ready to start again).

No Tags Or Restarts! Have Fun & Enjoy!

Contact: www.inlinewedance.co.uk