|  |  |
| --- | --- |
| All About That Bass |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Gail A. Dawson (USA) - July 2014 | | | | |
| **Music:** | All About That Bass - Meghan Trainor | | | | |
| . | | | | | | |

**32 count intro**

**Modified Rumba Boxes**

|  |  |
| --- | --- |
| 1-2 | Right foot step to the right, left foot steps beside right |

|  |  |
| --- | --- |
| 3-4 | Right foot steps forward, left foot taps beside right |

|  |  |
| --- | --- |
| 5-6 | Left foot taps to the left, then beside right |

|  |  |
| --- | --- |
| 7-8 | Hip roll (alternate move – another tap out and back) weight ends up on right |

|  |  |
| --- | --- |
| 1-2 | Left foot step to the left, right foot steps beside left |

|  |  |
| --- | --- |
| 3-4 | Left foot steps back, right foot taps beside left |

|  |  |
| --- | --- |
| 5-6 | Right foot taps to the right, then beside left |

|  |  |
| --- | --- |
| 7-8 | Hip roll (alternate move – another tap out and back) weight ends up on left |

**Vine**

|  |  |
| --- | --- |
| 1-2 | Right foot steps to the right, left crosses behind right |

|  |  |
| --- | --- |
| 3-4 | Right foot steps to the right, left heel touches diagonally forward |

|  |  |
| --- | --- |
| 5-6 | Left foot steps to the left, right foot crosses behind left |

|  |  |
| --- | --- |
| 7-8 | Left foot steps to the left, right heel touches diagonally forward |

**Toe Struts and Hip Rolls**

|  |  |
| --- | --- |
| 1-2 | Step forward on right toe, drop heel taking weight |

|  |  |
| --- | --- |
| 3-4 | step forward on left toe, drop heel taking weight |

|  |  |
| --- | --- |
| 5-6 | Hip roll 1/8th turn to the left (counter clockwise) |

|  |  |
| --- | --- |
| 7-8 | Hip roll 1/8th turn to the left (counter clockwise) |

**Start again**

**Contact: Gail A. Dawson – free2bgad@gmail.com**

**Last Update - 6th Aug 2014**