EZ All About That Bass

Count: 32   **Wall:** 2   **Level:** Easy Absolute Beginner

Choreographer: Jo Hough (AUS) - October 2014

Music: All About That Bass - Meghan Trainor

Intro: after count 32

Section 1: 1-8
STEP TOUCH RIGHT, STEP TOUCH LEFT, LOCK STEP FORWARD ON RIGHT, TOUCH LEFT HOLD
1-2	step right to right, touch left next to right
3-4	step left to left, touch right next to left
5-6	step right foot forward, step left behind right
7-8	step right forward and touch left together and hold (12 o clock)

Section 2: 9-17
STEP TOUCH LEFT, STEP TOUCH RIGHT, LOCK STEP FORWARD ON LEFT, TOUCH RIGHT HOLD
1-2	step left to left touch right next to left
3-4	step right to right touch left next to right
5-6	step left foot forward step right behind left
7-8	step left forward and touch right together and hold (12 o clock)

Section 3: 17-24
STEP FORWARD ON RIGHT, HIP BUMPS RIGHT LEFT RIGHT WITH HOLD, STEP FORWARD ON LEFT, HIP BUMPS LEFT RIGHT LEFT WITH HOLD
1-2	step forward on right foot hips forward on right, hips back left
3-4	hips forward on right with hold (on 4)
5-6	step forward on left moving hips left forward, hips back on right
7-8	hips left forward with hold (on 8) (12 o clock). See arm styling note below

Section 4: 25-32
ROCK RIGHT FORWARD WITH HOLD, ROCK RIGHT BACK WITH HOLD, ¼ TURN PADDLE ON RIGHT WITH HOLD, ¼ TURN PADDLE RIGHT WITH HOLD
1 & 2	rock forward on right hold recover on left
3 & 4	rock back on right hold recover on left
5 & 6	¼ turn paddle towards left, on right foot, with hold stepping on left,
7 & 8	step forward on right hold ¼ turn paddle on left (6 0clock)

NO BRIDGES OR RESTARTS

This dance was choreographed for year 3-7 school students with no dance experience, for an after school active sports program and is designed to get students dancing within ten minutes.
Section 3 : hip bumps - students encouraged to introduce own arm styling by bringing arms up to head in simulated hair flick whilst moving head forward and back in time with hips!

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