

**ALL ABOUT THAT BASS**

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**Music:** All About that Bass, by Meghan Trainor.  
Available at Amazon.com or I-tunes. **Time:** 3:08 @ 45rpm

**Footwork:** Opposite except where noted (W's footwork in parentheses)

**Rhythm:** Jive **RAL Phase:** IV+1 (Stop & Go)

**Speed:** 42 RPM or to suit **Degree of Difficulty:** Average

**Sequence:** Intro, A, B, C, A(MOD), B, C(Mod), C, C(MOD), End

**INTRO**

- 1-4 (SCP LOD) WAIT 5 PU NOTES – START ON THE WORD “ALL”~  
2 PT STPS; THROWAWAY; CHICKEN WLKS 2 SLOW; 4 QUICK;**
- 1-4 SCP FCG LOD lead ft free wait 5 pick-up notes ~  
{Pt Stps}Pt L fwd w/outsd edge of ft in contact w/floor, fwd L, pt R thru w/outsd edge of ft in contact w/floor in line w/weighted ft, fwd R;  
{Throwaway}Fwd & sd L/cl R, fwd & sd L leading W to trn ½ LF, sd & fwd R/cl L, sd & fwd R (fwd R/fwd L fwd R tng ½ LF, sd & bk L/cl R, sd & bk L) to LOP-FCG LOD;  
{Chicken Walks }leading W to swivel prior to each step Bk L, -, Bk R, - ; Bk L, Bk R, Bk L, Bk R;
- 5-8 CHG L TO R & GLIDE TO THE SIDE TO BFLY WALL; ; PROG RK;  
CHASSE L & R;**
- 5-8 {Chg L to R and Glide to Side} Rk apt L, rec R, sd L/cl R, sd L comm ¼ RF trn ldg W to trn LF undr jnd ld hnds (Rk apt R, rec L, fwd R/cl L, fwd R comm ¾ LF trn undr jnd ld hnds); Sd R, XLif R (XRif L), sd R/cl L, sd R to BFLY WALL;  
{Prog Rk} Rk apt L, XRif L (XLif R), rk apt L, XRif L (XLif R);  
{Chasse L & R}Sd L/cl R, sd L, sd R/cl L, sd R;

**PART A**

- 1-8 BASIC RK IN BFLY ~ SHLDR SHOVE; ; ; CHG R TO L TO LOD ~  
CHG R TO L TO COH; ; ; STOP & GO; ;**
- 1-3 {Basic Rk} Rk apt L, rec R, sd L/cl R, sd L; Sd R/cl L, sd R,  
{Shldr Shove} Rk apt L, rec R; Sd L/cl R, sd L twd ptr bringing M's L & W's R shldr together, trng LF (RF) to fc ptr bk R/cl L, bk R (sd L/cl R, sd L) to CP WALL;
- 4-6 {Chg R to L} Rk bk L to SCP LOD, rec R, sd L/cl R, sd L comm ¼ LF trn leading W to trn RF und joint lead hnds (Rk bk R, rec L, sd R/cl L, sd & fwd R comm ¾ RF trn under jnd lead hnds); Sd & fwd R/cl L, sd R (Sd & bk L/cl R, sd & bk L) LOP-FCG LOD,  
{Chg R to L} Rk apt L, rec R; Sd L/cl R, sd L comm ¼ LF trn leading W to trn RF und joint lead hnds (Sd R/cl L, sd & fwd R comm ¾ RF trn under jnd lead hnds), sd & fwd R/cl L, sd R (sd & bk L/cl R, sd & bk L) LOP-FCG COH;

- 7-8 {**Stop & Go**} Rk bk L, rec R, fwd L/cl R, fwd L catching W with R hnd on L shldr blade (Rk bk R, rec L, fwd R/cl L, fwd R trng ½ LF und ld hnds to end at M's R sd); Rk fwd R, rec L, sm bk R/cl L, bk R (Rk bk L, rec R, fwd L/cl R, fwd L trng ½ RF und ld hnds);
- 9-16 **BASIC RK IN BFLY ~ SHLDR SHOVE; ; ; CHG R TO L TO RLOD ~ CHG R TO L TO WALL; ; ; STOP & GO; ;**
- 9-11 {**Basic Rk in Bfly ~ Shldr shove**} Repeat Part A, meas. 1-3 to CP COH; ; ;
- 12-14 {**Chg R to L**} Rk bk L to SCP RLOD, rec R, sd L/cl R, sd L comm ¼ LF trn leading W to trn RF und joint lead hnds (Rk bk R, rec L, sd R/cl L, sd & fwd R comm ¾ RF trn under jnd lead hnds); Sd & fwd R/cl L, sd R (Sd & bk L/cl R, sd & bk L) LOP-FCG RLOD,  
{**Chg R to L**} Rk apt L, rec R; Sd L/cl R, sd L comm ¼ LF trn leading W to trn RF und joint lead hnds (Sd R/cl L, sd & fwd R comm ¾ RF trn under jnd lead hnds), sd & fwd R/cl L, sd R (sd & bk L/cl R, sd & bk L) LOP-FCG WALL;
- 15-16 {**Stop & Go**} Repeat Part A, meas. 7 - 8; ;

### PART B

- 1-8 **LINK RK ~ RK REC TO 2 PT STPS; ; ; 2 FWD TRIPLES; SWIVEL WLK 4; 4 PT STEPS; ; R TRNG TRIPLE TO COH;**
- 1-3 {**Link Rk**} Rk apt L, rec R, sd L/cl R, sd L; Sd R/cl L, sd R to CP,  
{**Rk Rec to 2 Pt Stps**} Rk bk L, rec R to SCP LOD; Repeat Intro, meas 1;
- 4-8 {**2 Fwd Triples**} Fwd L/cl R, fwd L, fwd R/cl L, fwd R;  
{**Swivel Wlk 4**} with swiveling action Fwd L, fwd R, fwd L, fwd R;  
{**4 Pt Steps**} Repeat Intro, meas 1; Repeat Intro, meas 1;  
{**R Trng Triple**} Commence ¼ RF trn sd L/cl R, complete trn side L, commence ¼ RF trn sd R/cl L, complete turn sd R to fc COH;
- 9-16 **FALLAWAY RK ~ RK REC TO 2 PT STPS; ; ; 2 FWD TRIPLES; SWIVEL WLK 4; 4 PT STEPS; ; R TRNG TRIPLE TO WALL;**
- 9-11 {**Fallaway Rk**} Rk bk L to SCP, rec on R, sd L/cl R, sd L; Sd R/cl L, sd R,  
{**Rk Rec to 2 Pt Stps**} Rk bk L, rec R to SCP RLOD; Repeat Intro, meas 1;
- 12-15 Repeat Part B, meas. 4-7 to RLOD; ; ;
- 16 Repeat Part B, meas. 8 to fc WALL;

### PART C

- 1-4 **DOUBLE RK TO THROWAY; ; CHICKEN WLKS (2 SLO, 4 QK); ;**
- 1-4 {**Double Rk to Throwaway**} Rk apt L, rec R, rk apt L, rec R; Repeat Intro, meas 2-4; ; ;
- 5-8 **CHG L TO R & GLIDE TO THE SIDE TO BFLY WALL; ; PROG RK; CHASSE L & R;**
- 5-8 Repeat Intro, meas 5-8; ; ; [Second time to CP];

### PART A (MOD)

- 1-8 **BASIC RK IN BFLY ~ SHLDR SHOVE; ; ; CHG R TO L ~ CHG L TO R TO WALL; ; ; STOP & GO; ;**

- 1-3 Repeat Part A, meas 1-3; ; ;  
4-6 { **Chg R to L** } Rk bk L to SCP LOD, rec R, sd L/cl R, sd L comm ¼ LF trn leading W to trn RF und joint lead hnds (Rk bk R to SCP LOD, rec L, sd R/cl L, fwd R comm ¾ RF trn under jnd lead hnds); Sd & fwd R/cl L, sd R (Sd & bk L/cl R, sd & bk L) LOP-FCG LOD, { **Chg L to R** } Rk bk L, rec R; Sd L/cl R, sd L comm ¼ RF trn ldg W to trn LF undr jnd ld hnds (Fwd R/cl L, fwd R comm ¾ LF trn undr jnd ld hnds), sd R/cl L, sd R (sd L/cl R, sd L complete LF trn to fc ptr) to LOP-FCG WALL;  
7-8 { **Stop & Go** } Repeat Part A, meas 15-16; ;

**PART C (MOD)**

- 1-4 DOUBLE RK TO THROWAY; ; SAILOR SHUFFLE 4X; ;**  
1-4 { **Dbl Rk to Throwaway** } Repeat Part C, meas 1-2; ;  
{ **Sailor Shuffle 4X** } XLib R/sd R, sd L, XRib/sd L, sd R (XRib L/sd L, sd R, XLib R/sd R, sd L); XLib R/sd R, sd L, XRib/sd L, sd R (XRib L/sd L, sd R, XLib R/sd R, sd L);  
**5-8 CHG L TO R & GLIDE TO THE SIDE TO BFLY; ; STEP KICKS; AWAY KICK FC TCH TO CP;**  
5-8 { **Chg L to R & Glide to Side** } Repeat Part C, meas 5-6; ;  
{ **Step Kicks** } Stp in place L, kick R fwd between W's legs, stp R, kick L fwd (Stp in place R, kick L fwd, stp L, kick R fwd bet M's legs);  
{ **Awy Kck Fc Tch** } Sd L blending to OP, kick R fwd twd LOD, rec R to fc ptr, tch L to CP;

**END**

- 1-3 FALWAY RK ~ RK REC TO 2 PT STPS; ; ;**  
1-3 Repeat Part B, meas 9 – 10 to SCP LOD; ; Repeat Part B, meas. 11;  
**4-8 2 FWD TRPLS; SWIVEL WLK 4; 4 PT STPS; ; PT AGAIN & HOLD;**  
4-8 Repeat Part B, meas 4-7; ; ; ; Pt L toward LOD & hold;