

# All The Right Junk Simplified

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**Count:** 80

**Wall:** 1

**Level:** Phrased Easy Intermediate

**Choreographer:** Lisa McCammon and Sandi Larkins (Aug 2014)

**Music:** All About That Bass, by Meghan Trainor; single; 134 BPM

**#32 count intro; start weight on L - Sequence A, ABC, ABC, CCC**

**Note from choreographers: these are the same steps as in All The Right Junk, but without styling notations.**

**Part A, verse (32 counts)**

**[1-8] VINE R, HITCH, JAZZ BOX CROSS**

**1-4** Step R to side, step L behind R, step R to side, lift L knee

**5-8** Cross step L over R, step back R, step L to side, cross step R over L

**[9-16] TURN LEFT 1/4, STEP/BUMP R TO SIDE, BUMP LRL, STEP, TURN LEFT 1/4, REPEAT**

**1-2** Turn left 1/4 [9] stepping forward onto L, step R to side bumping weight to R

**3&4** Bump LRL

**5-8** Step forward R, turn left 1/4 [6]; step forward R, turn left 1/4 step [3]

**[17-24] TURN LEFT 1/4 STEPPING SIDE R, STEP L HOME, BOUNCE, BOUNCE, VINE L, TOUCH**

**1-2** Turn left 1/4 [12], stepping R to side, step L next to R

**3-4** Bend knees twice, ending with weight on R (keep movements small)

**5-8** Step L to side, step R behind L, step L to side, touch R home

**[25-32] SWEEP, STEP, SWEEP, STEP, COASTER STEP, STEP, TOUCH**

**1-2** Sweep R from front to back, step R slightly back

**3-4** Sweep L from front to back, step L slightly back

**5&6** Step back R, step L next to R, step forward R

**7-8** Step forward L, touch R home

**NOTE: After your first A, vine right for your second A; after the second A, step forward to start B**

**Part B, refrain (16 counts repeated at each wall)**

**[1-8] STEP, TURN, CROSS, SIDE, CROSS, L MAMBO STEP, TOUCH**

- 1-2 Step forward onto R, turn left  $\frac{1}{4}$  [9] taking weight onto L
- 3-4-5 Step R across, step L to side, step R across (note these steps are straight counts)
- 6&7 Rock L to side, recover weight to R, step L home
- 8 Touch R toes home

**[9-16] STEP FORWARD, ROLLING HIP CCW, ROCK BACK ROLLING HIP CW; REPEAT**

- 1-2 Step R slightly forward swinging hips back to front counterclockwise ending with a bump and weight forward on R
- 3-4 Rock back onto L swinging hips front to back clockwise ending with a bump and weight back on L
- 5-8 Repeat counts 1-4, hitting the accent beat on the bumps

**[17-32] REPEAT 1-16, ENDING AT [6]**

**[33-48] REPEAT 1-16, ENDING AT [3]**

**[49-56] REPEAT 1-8 ENDING AT [12] FOR LAST 8 COUNTS**

**[57-64] STEP FORWARD, ROLLING HIP CCW, ROCK BACK ROLLING HIP CW, TOUCH, HOLD 3 COUNTS**

- 1-2 Step R slightly forward swinging hips back to front counterclockwise ending with a bump and weight forward on R
- 3-4 Rock back onto L swinging hips front to back clockwise ending with a bump and weight back on L
- 5-8 Touch R home, then hold for 3 counts

**NOTE: B is always followed by C, the chorus, which starts with the slow jazz box**

**Part C, chorus (32 counts) The first time you do Part C, you will stay at the front wall.**

**At the end of the song when she repeats the chorus 4 times, turn  $\frac{1}{4}$  R with each jazz box. You'll return to [12] for the ending.**

**[1-8] SLOW R JAZZ BOX CROSS**

**1-8** Cross step R over L, HOLD, step back L, HOLD, step R to side, HOLD, cross step L over R, HOLD

**[9-16] SIDE, HEEL, SIDE, HEEL, WALK, WALK, WALK, TOUCH**

**1-4** Step R to side, touch L heel forward; step L to side, touch R heel forward

**5-8** Walk forward R, L, R, touch L home

**[17-24] SIDE, HEEL, SIDE, HEEL, BACK, BACK, BACK, TOUCH**

**1-4** Step L to side, touch R heel forward; step R to side, touch L heel forward

**5-8** Step back, L, R, L, touch R home \*\*the last repetition of C ends here, facing [12]; see ending below

**[25-32] SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD**

**1-4** Step R to side, HOLD, touch L toes home, HOLD

**5-8** Step L to side, HOLD, touch R toes home, HOLD

**\*\*Ending—the last repetition of C ends after 24 counts (C minus). You'll be facing [12]. You've just stepped back L, R, L, and R is touched home.**

**There's one count left: step R slightly back to R diagonal, putting both hands on your hips, pulling R shoulder back, turning L knee in—ta-dah!**

**The track contains two words that some people might find offensive. Contact Lisa for information about the clean version we used in the video.**

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