

# EZ All About That Bass

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**Count:** 32

**Wall:** 2

**Level:** Easy Absolute Beginner

**Choreographer:** Jo Hough (Oct 2014)

**Music:** All about that base by Meghan Trainor

## **Intro: after count 32**

### **Section 1: 1-8**

**STEP TOUCH RIGHT, STEP TOUCH LEFT, LOCK STEP FORWARD ON RIGHT, TOUCH LEFT HOLD**

**1-2step right to right, touch left next to right**

**3-4step left to left, touch right next to left**

**5-6step right foot forward, step left behind right**

**7-8step 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**

**1-2step left to left touch right next to left**

**3-4step right to right touch left next to right**

**5-6step left foot forward step right behind left**

**7-8step 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**

**1-2step forward on right foot hips forward on right, hips back left**

**3-4hips forward on right with hold (on 4)**

**5-6step forward on left moving hips left forward, hips back on right**

**7-8hips 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 & 2rock forward on right hold recover on left**

**3 & 4rock back on right hold recover on left**

**5 & 6¼ turn paddle towards left, on right foot, with hold stepping on left,**

**7 & 8step forward on right hold ¼ turn paddle on left (6 Oclock)**

#### **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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