

# All About That Bass

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

**Choreographer:** Jo Rosenblatt , March 2015

**Music:** All About That Bass by Meghan Trainor. Album: Title

**(Especially for the Emerald Malkari Guides)**

**START: 32 count Intro, weight on left**

**Diagonal Fwd, Touch, Clap, Clap, Diagonal Fwd, Touch, Clap, Clap**

**1-4**              Step R fwd on right diagonal, Touch L beside right, Clap, Clap

**(Make your claps high and to the right of your head.)**

**5-8**              Step L fwd on left diagonal, Touch R beside left, Clap, Clap

**(Make your claps high and to the left of your head.)**

**Heel Strut, Heel Strut, Heel Strut, Heel Strut**

**(Complete a half circle to the right with these Heel Struts.)**

**1 2**              Step fwd on R heel, Step down on R toe

**3 4**              Step fwd on L heel, Step down on L toe

**5 6**              Step fwd on R heel, Step down on R toe

**7 8**              Step fwd on L heel, Step down on L toe

**(Complete a half circle to the right as you Heel Strut. Click your fingers as you go.)**

**Run, Run, Run, Hold, Run, Run, Run, Hold**

**1-4**              Run fwd: R, L, R, Hold

**5-8**              Run fwd: L, R, L, Hold

**Stomp Out, Hold, Stomp Out, Hold, Stomp In, Hold, Stomp In, Hold**

**1-4**              Stomp R out to right, Hold, Stomp L out to left, Hold

**(At hip level: place R hand to right and L hand to left on your stomps.)**

**5-8**              Stomp R in to centre, Hold, Stomp L in to centre, Hold

**(Place your R hand to left shoulder and L hand to right shoulder on your stomps.)**

**Free to be copied provided no changes are made to the original choreography.**

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