

# All The Right Junk

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**Count:** 80      **Wall:** 1      **Level:** Phrased Intermediate

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

**Music:** All About That Bass by Meghan Trainor (single, approximately 3:08); 134 BPM

**Start weight on L - 32 count intro (see notes at bottom of sheet for optional steps during intro)**

**Sequence: A, ABC, ABC, CCC- (don't panic—with one wall you always return to 12:00)**

**Note from choreographers: All The Right Junk Simplified contains steps without styling directions. These are well-known steps and there are only 3 easy syncopated combinations in the entire dance.**

**Part A, verse (go by the headings and remember that ALL STYLING IS OPTIONAL)**

**[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 into Fig. 4 hitch with foot snugly next to R calf

**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, BUMP LRL, STEP, TURN LEFT 1/4, STEP, REPEAT**

**1** Turn left ¼ [9:00] stepping fwd onto L

**2** Step R to side, bumping hip R (styling: raise arms to W shape with elbows down, hands in fists)

**3&4** Bump LRL (styling: L shoulder goes down-up-down with hip bumps)

**5-8** Step fwd R, turn left ¼ [6:00]; step fwd R, turn left ¼ [3:00] (styling: roll hips during turns)

**[17-24] TURN LEFT ¼ STEPPING SIDE R, STEP L HOME, BOUNCE, BOUNCE, VINE L, TOUCH**

**1-2** Turn left ¼ [12:00], stepping R to side, step L next to R

**3-4** Bend knees twice--these "bounces" are SMALL

**(styling: with palms parallel to floor, place one hand over the other under your chin, elbows out to sides; nod head with the bounces)**

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

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

- 1-2 Slide R toes slightly fwd then lift R hip, sweeping toes from front to back stepping R slightly back (styling: place both palms loosely on thighs; roll R shoulder front to back during R toe sweep)
- 3-4 Slide L toes slightly fwd then lift L hip, sweeping toes from front to back stepping L slightly back (styling: hands still on thighs, roll L shoulder front to back during L toe sweep)
- 5&6 Step back R, step L next to R, step fwd R
- 7-8 Step fwd L, touch R home

**NOTE: after your first A only, vine R for your second A to start an ABC sequence**

**Part B, refrain (this is 16 easy counts repeated 4 times)**

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

- 1-2 Step fwd onto R, turn left  $\frac{1}{4}$  [9:00] taking wt onto L
- 3-4-5 Step R across, step L to side, step R across (note these are straight counts)
- 6&7 Rock L to side, rec wt to R, step L home
- 8 Touch R toes home and clap

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

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

**[17-32] REPEAT 1-16, ENDING AT [6:00]**

**[31-48] REPEAT 1-16, ENDING AT [3:00]**

**[49-56] REPEAT 1-8 ENDING AT [12:00]**

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

- 1-4 Roll hips as above, ending with a bump and wt back on L
- 5 Touch R home

6-7-8 Hold position with wt on L

**(styling: flick hands in "move along" gesture, starting at shoulder height and gradually getting lower with each flick)**

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

**Part C, chorus "Because you know I'm all about that bass"**

**The first time you do Part C, you will stay at the front wall. When you get to the repetitions at the end, turn ¼ R with the jazz box each time.**

**You'll end facing 12:00 for the last C- (24 counts)**

### **[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 dipping slightly, touch L heel fwd; step L to side dipping slightly, touch R heel fwd (styling: place hands on hips)

5-6-7 Walk fwd R, L, R (styling: drop hands to sides, palms parallel to floor, and shrug shoulders up/down)

8 Touch L home

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

1-4 Step L to side dipping slightly, touch R heel fwd; step R to side dipping slightly, touch L heel fwd (styling as above)

5-6-7 Step back L, R, L (styling as above)

8 Touch R home \*\*the last repetition of C ends here, facing [12:00]; see Ending below

### **[25-32] SIDE/BOUNCE, BOUNCE, TOUCH/BOUNCE, BOUNCE, SIDE/BOUNCE, BOUNCE, TOUCH/BOUNCE, BOUNCE**

1-2 Step R to side bouncing slightly down on each count (styling: look right, place hands up at shoulder level, palms facing fwd, "push" hands fwd twice in time with bounces—these are small, controlled movements)

3-4 Touch L toes home, bouncing slightly down on each count (styling: look fwd, swing hands around to hip level, fingers toward floor, palms fwd, "push" fwd twice in time with bounces)

5-6 Step L to side, bouncing slightly down on each count

**(styling: look left, repeat high pushes as above)**

7-8 Touch R toes home, bouncing slightly down on each count

**(styling: look fwd, repeat low pushes as above)**

**\*\*Ending—the last repetition of C ends after 24 counts (C minus). You're at [12:00], wt on L, R touched home.**

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

**OPTIONAL easy steps during the intro. If you do these steps, you'll need to be prepared to start quickly. Count 1 is on ALL when she sings "Because you know I'm ALL about the bass . . . ."**

**[1-8] K STEP (WITH OPTIONAL CLAPS)**

1-2 Step R fwd to R diagonal, touch L home (clap once on touch)

3-4 Step L back to L diagonal, touch R home (clap once on touch)

5-6 Step R back to R diagonal, touch L home (optional clap twice on touch for 6&)

7-8 Step L fwd to L diagonal, touch R home (clap once on touch)

**[9-16] REPEAT PREVIOUS 8**

**[17-24] REPEAT PREVIOUS 8**

**[25-32] HALF K STEP, HOLD, HOLD, HOLD, HOLD**

1-4 Step R fwd to R diagonal, touch L home; step L back to L diagonal, touch R home

**5-8HOLD 4 counts (can bump hips/shimmy shoulders with repeated lyrics "bass, bass," but keep wt on L)**

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

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