

# From The Bottom To The Top

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Joe Spencer / Weber Wen (Oct 2014)

**Music:** All About That Bass by Meghan Trainor

## **Intro: 32 Counts**

### **Step, Hold and, Step, Scuff, Step, Hold and, Step, Scuff**

**1-2&**            Step R forward, hold, step L next to R,

**3-4**             Step R forward, scuff L

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

**7-8**             Step L forward, scuff R

### **Roll Hip, Roll Hip, Walk, Hold, Walk, Hold**

**1-2**             Step R forward pivoting 1/4 turn to left while rolling hip

**3-4**             Step R forward pivoting 1/4 turn to left while rolling hip (12:00)

**5-6**             Cross R in front of L (moving forward), hold

**7-8**             Cross L in front of R (moving forward), hold

### **Walk, Hold, Walk, Hold, Side, Heel, Side, Heel**

**1-2**             Cross R in front of L (moving forward), hold

**3-4**             Cross L in front of R (moving forward), hold

**5-6**             Step R to R side, touch L heel at 45 degree angle (option: shimmy shoulders)

**7-8**             Step R to L side, touch R heel at 45 degree angle (option: shimmy shoulders)

### **Cross, Together, Rock Back, Recover, Heel, Knee, Cross, Up (from the bottom to the top)**

**1-21/8 turn R crossing R over L, step L next to R**

**3-4**             Rock back R, recover weight on L

**(option: extend R arm with palm up sweeping from right to left on count 3 and 4)**

**5-81/8 turn R stomp R next to L, hold 3 counts**

**(option: raise both hands from the bottom to the top on count 6 to 8)**

**Contact: [joeship1@yahoo.com](mailto:joeship1@yahoo.com)**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=101023](https://www.linedance.com/index.php?f=dance_view&id=101023)