

# All About That Bass

Level: High-Int

Time: 3:09 min

Music: Meghan Trainor, CD: All About That Bass  
Choreo: Oliver Kromer, Oliver@majok.de  
taught at: 20<sup>th</sup> Weser Ems & Friends 2014  
Sequence: **Intro A B C D Bridge C D D\* End**  
**start on the first beat**

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## Intro:

4 End Step            S p DT S p RS                            turn 1/4 R  
                         R        L L        RL  
                         1 2 &3 & 4 &5

wait 3 beats

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## Part A:

Heel Hit Brush        DS H(if/w) H(if) BA RS BR UP/H  
                         L R            L        L RL R R L  
                         &1 &            a        2 &3 & 4

Triple (R)            DS DS DS RS

Nylenda Heel Drop    DT S/KK(ots) p BA(xib) BA(ots) BA(xif) H/H S RS DS RS  
                         L L R            R        L        R        bt R LR L RL  
                         & 1                & 2        &        3        4 5 &6 &7 &8

Repeat all above, opposite footwork

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## Part B:

Brush Unclog        DS BR UP/H STA STO BR UP/H STA STO RS BR UP/H STA STO  
                         L R R L R R L L R L L RL R R L R R  
                         &1 & 2 & 3 & 4 & 5 &6 & 7 & 8

Simone Hard Step    DT(b) BR TCH(xif) TCH(xif) TCH(ots) TCH(xif) DS RS  
**!!without Heels!!** L L L            L        L        L        L RL  
                         &1 & & 3        & 4        & 5        & 6        &7 &8

Repeat all above, opposite footwork

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## Part C:

Rock Slur            DS SLR S(ib) R S(ots) SLR (1/4 L) S(ib) R S(ots) SLR S(ib) RS BR UP/H  
                         L R R L R L        L        L RL R R LR L L R  
                         &1 & 2 & 3        &        4        & 5        & 6        &7 & 8

Samantha            DS DS(xif) DR S(ib) DR S(ib) RS DS DS RS  
                         L R            R L        L R        LR L R LR  
                         &1 &2            & 3        & 4        &5 &6 &7 &8

Rock Slur (L)        DS SLR S(ib) R S(ots) SLR (1/4 L) S(ib) R S(ots) SLR S(ib) RS BR UP/H

Cole Step            DS SL RS SL RS S SL DS DS RS  
                         L L RL L RL R R L R LR  
                         &1 & 2& 3 &4 & 5 &6 &7 &8

Rock Slur (L)        DS SLR S(ib) R S(ots) SLR (1/4 L) S(ib) R S(ots) SLR S(ib) RS BR UP/H

Pulley                DS DR/KK SL/UP DR S(xif) RS  
                         L L R L R L R        LR  
                         &1 &            2 & 3        &4

2 Charleston        DS TCH(if) H RS BR Up/H  
Rock Brush           L R            L RL R R L  
                         &1 &            2 &3 & 4

Rock Slur (R)        DS SLR(1/4 L) S(ib) R S(ots) SLR S(ib) R S(ots) SLR S(ib) RS BR UP/H

Step Rock Heels     S R H S R H S                            on R-Heel turn R-Toe(ots)  
                         R L R L R L R                            on L-Heel turn L-Toe(ots)  
                         1 2 & 3 4 & 5

wait 3 beats

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Sequence: **A B C D Bridge C D D\* End**

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## All About That Bass - continued

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### Part D:

Hey Twists DS H-TWIST S H-TWIST S RS DS H-TWIST S DS RS  
L R(ots) R L(ots) L RL R L(ots) L R LR  
&1 & 2 & 3 &4 &5 & 6 &7 &8

Mc Rock Pivot BA BA(xib)BA(os)H(os)BA BA(xib)BA(os)H(os)R H(if 1/2R)S DS RS  
L R L R R L R L L R L R LR  
& 1 & 2 & 3 & 4 & 5 6 &7 &8

Repeat all above, to face front again

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### Part D\*:

Hey Twists DS H-TWIST S H-TWIST S RS DS H-TWIST S DS RS  
L R(ots) R L(ots) L RL R L(ots) L R LR  
&1 & 2 & 3 &4 &5 & 6 &7 &8

Mc Rock Pivot BA BA(xib)BA(os)H(os)BA BA(xib)BA(os)H(os)R H(if 3/4R)S DS RS  
L R L R R L R L L R L R LR  
& 1 & 2 & 3 & 4 & 5 6 &7 &8

Repeat all above, 3 times to face front again

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### Bridge:

Slur Double Basic DS SLR S DS DS RS  
L R R L R LR  
&1 2-4 5 &6 &7 &8

High Horse DS DT(xif) H DT(unx) H RS BA/H UP/SL DS DS RS  
L R L R L RL R L L R L R LR  
&1 & 2 & 3 &4 & 5 &6 &7 &8

Samantha DS DS(xif) DR S(ib) DR S(ib) RS DS DS RS  
L R R L L R LR L R LR  
&1 &2 & 3 & 4 &5 &6 &7 &8

2 Toe Heel TH(ots) TH(xib) TH(ots) TCH H  
Grape Vine L R L R L  
&1 &2 &3 & 4

### End:

Brush Unclog DS BR UP/H STA STO BR UP/H STA STO RS BR UP/H STA STO  
L R R L R R L L R L L RL R R L R R  
&1 & 2 & 3 & 4 & 5 &6 & 7 & 8

Simone Hard Step DT(b) BR TCH(xif) TCH(xif) TCH(ots) TCH(xif) DS RS  
!!without Heels!! L L L L L L L RL  
&1 & & 3 & 4 & 5 & 6 &7 &8

Brush Unclog DS BR UP/H STA STO BR UP/H STA STO RS BR UP/H STA STO  
R L L R L L R R L R R LR L L R L L  
&1 & 2 & 3 & 4 & 5 &6 & 7 & 8

End Step S p DT S p RS  
R L L RL  
1 2 &3 & 4 &5

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