

No Treble

64 Count, 1 Wall, Improver

Choreographer: Patrick Fleming (USA) Oct 2014

Choreographed to: All About the Bass by Meghan Trainor

1 Forward R-L-R-Touch L-Back L-R-L-Touch Right

1,2 Walk forward R. Walk forward L.
3,4 Walk forward R. Touch L beside R.

***Optional Arms – Palms facing down at your sides, pump shoulders down and up for 1&2&3&4**

5,6 Step back L. Step back R.
7,8 Step back L. Touch R beside L.

2 R Step-Behind & Triple Step-L Step-Behind & Triple Step

1,2 Step R to right side. Step L behind R.
3&4 Step R beside L. Step L beside R. Step R beside L. (Triple in place)
5,6 Step L to left side. Step R behind L.
7&8 Step L beside R. Step R beside L. Step L beside R. (Triple in place)

3 R Step-Behind- ¼ - Step – ½ - ¼ L Side-Behind-Side

1,2 Step R to right side. Step L behind R.
3,4 Step R ¼ turn to right. Step L forward. (3:00)
5,6 Turn ½ turn to right stepping onto R. (9:00) Step L ¼ turn to left. (12:00)
7,8 Step R behind L. Step L to left side.

4 ½ Slow Hip Turns to Left

1-8 Roll the hips as you slowly take 8 counts to turn ½ turn to left stepping, R-L-R-L-R-L-R-L (6:00)

5 R Side Toe-Strut-L Cross Toe-Strut-Sway Right-Sway Left ¼ Turn

1-2 Touch L toe across right. Step down onto left.
3-4 Touch R toe to right side. Step down onto right foot.
5-6 Swing hips to right as you step onto R.
7-8 Swing hips to left as you turn ¼ turn to right stepping onto L. (9:00)

6 Toe Struts Forwards-Toe Struts Back

1-2 Touch R toe forward. Step down onto right.
3-4 Touch L toe forward. Step down onto left.
5-6 Touch R toe back. Step back onto R.
7-8 Touch L toe back. Step back onto L.

7 Swing R ¼ Turn-Double Hips Left-Step ¼ -Snap-Recover Back ¼ with Touch

1-2 Step R to right side ¼ turn to right. Swing hips to right. (12:00)
3&4 Step L to left side bumping hips left-right-left.
5-6 Step R ¼ turn to left as you “crouch” low. Touch L beside R and extend R hand forward w/snap. (9:00)
7-8 Recover to upright position as you step back onto L. Touch R beside L. (12:00)

8 Step R-“Shake the Booty”-Step R-“Shake the Booty”

1-2-3-4 Step R to right side. “Shake the Booty”. Step L beside R.
5,6,7,8 Step R to right side. “Shake the Booty”. Step L beside R.

OPTIONAL FUN TAG:

***This is done in place of the last 8 counts on the 1st and 3rd time you face the front.**

***This phrasing is done on the lyrics; “Every inch of you is perfect from the bottom to the top”**

1- Cross arms across chest.
2- Uncross arms and touch fingers to corresponding shoulders. (R to R-L to L)
3- Cross arms across stomach area.
4- Uncross arms to touch fingers to corresponding hips. (R to R-L to L)
5&- Flick R up as you touch with R hand. Touch R beside L
6&- Hitch R knee up as you slap knee with L hand. Step R beside L
7- Cross both arms across chest.
8- Raise both hands above head placing weight onto L to Restart dance.