

All About That Bass

32 Count, 2 Wall, Beginner

Choreographer: Jo Rosenblatt (AU) March 2015

Choreographed to All About That Bass by Meghan Trainor,
Album: Title

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.).

(especially for the Emerald Malkari Guides)