ALL ABOUT THAT BASS

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Music: All About that Bass, by Meghan Trainor.
Available at Amazon.com or I-tunes. Time: 3:08 @ 45rpm

Footwork: Opposite except where noted (W’s footwork in parentheses)
Rhythm: Jive
RAL Phase: IV+1 (Stop & Go)
Speed: 42 RPM or to suit
Degree of Difficulty: Average
Sequence: Intro, A, B, C, A(MOD), B, C(Mod), C, C(MOD), End

INTRO

1-4  (SCP LOD) WAIT 5 PU NOTES – START ON THE WORD “ALL”~
2 PT STPS; THROWAWAY; CHICKEN WLKS 2 SLOW; 4 QUICK;
1-4 SCP FCG LOD lead ft free wait 5 pick-up notes ~
{Pt Stps}Pt L fwd w/outsd edge of ft in contact w/floor, fwd L, pt R thru w/outsd
ege of ft in contact w/floor in line w/weighted ft, fwd R;
{Throwaway}Fwd & sd L/cl R, fwd & sd L leadng W to trn ½ LF, sd & fwd R/cl
L, sd & fwd R (fwd R/fwd L fwd R ng ½ LF, sd & bk L/cl R, sd & bk L) to LOP-
FCG LOD;
{Chicken Walks }leading W to swivel prior to each step Bk L, -, Bk R, - ; Bk L,
Bk R, Bk L, Bk R;
5-8  CHG L TO R & GLIDE TO THE SIDE TO BFLY WALL; ; PROG RK;
CHASE L & R;
5-8  {Chg L to R and Glide to Side} Rk apt L, rec R, sd L/cl R, sd L comm ¼ RF trn
ldg W to trn LF undr jnd ld hnds (Rk apt R, rec L, fwd R/cl L, fwd R comm ¼ LF
trn undr jnd ld hnds); Sd R, XLif R (XRif L), sd R/cl L, sd R to BFLY WALL;
{Prog Rk} Rk apt L, XRif L (XLif R), rk apt L, XRif L (XLif R);
{Chasse L & R}Sd L/cl R, sd L, sd R/cl L, sd R;

PART A

1-8  BASIC RK IN BFLY ~ SHLDR SHOVE; ; CHG R TO L TO LOD ~
CHG R TO L TO COH; ; STOP & GO; ;
1-3  {Basic Rk} Rk apt L, rec R, sd L/cl R, sd L; Sd R/cl L, sd R,
{Shldr Shove} Rk apt L, rec R; Sd L/cl R, sd L twd ptr bringing M's L & W's R
shldrs together, trng LF (RF) to fc ptr bk R/cl L, bk R (sd L/cl R, sd L) to CP
WALL;
4-6  {Chg R to L} Rk bk L to SCP LOD, rec R, sd L/cl R, sd L comm ¼ LF trn
leading W to trn RF und joind lead hnds (Rk bk R, rec L, sd R/cl L, sd & fwd R
comm 3/4 RF trn under jnd lead hnds); Sd & fwd R/cl L, sd R (Sd & bk L/cl R, sd
& bk L) LOP-FCG LOD,
{Chg R to L} Rk apt L, rec R; Sd L/cl R, sd L comm ¼ LF trn leading W to trn
RF und joind lead hnds (Sd R/cl L, sd & fwd R comm 3/4 RF trn under jnd lead
hnds), sd & fwd R/cl L, sd R (sd & bk L/cl R, sd & bk L) LOP-FCG COH;
7-8  \{Stop & Go\} Rk bk L, rec R, fwd L/cl R, fwd L catching W with R hnd on L shldr blade (Rk bk R, rec L, fwd R/cl L, fwd R trng \(\frac{1}{2}\) LF und ld hnds to end at M’s R sd); Rk fwd R, rec L, sm bk R/cl L, bk R (Rk bk L, rec R, fwd L/cl R, fwd L trng \(\frac{1}{2}\) RF und ld hnds);

9-16 BASIC RK IN BFLY ~ SHLDR SHOVE; ; ; CHG R TO L TO RLOD ~ CHG R TO L TO WALL; ; ; STOP & GO; ;

9-11 \{Basic Rk in Bfly ~ Shldr shove\} Repeat Part A, meas. 1-3 to CP COH; ;

12-14 \{Chg R to L\} Rk bk L to SCP RLOD, rec R, sd L/cl R, sd L comm \(\frac{1}{4}\) LF trn leading W to trn RF und joind lead hnds (Rk bk R, rec L, sd R/cl L, sd & fwd R comm \(\frac{3}{4}\) RF trn under jnd lead hnds); Sd & fwd R/cl L, sd R (Sd & bk L/cl R, sd & bk L) LOP-FCG RLOD,

15-16 \{Stop & Go\} Repeat Part A, meas. 7 - 8; ;

PART B

1-8 LINK RK ~ RK REC TO 2 PT STPS; ; ; 2 FWD TRIPLES;
SWIVEL WLK 4; 4 PT STEPS; ; R TRNG TRIPLE TO COH;

1-3 \{Link Rk\} Rk apt L, rec R, sd L/cl R, sd L; Sd R/cl L, sd R to CP,
\{Rk Rec to 2 Pt Stps\} Rk bk L, rec R to SCP LOD; Repeat Intro, meas 1;

4-8 \{2 Fwd Triples\} Fwd L/cl R, fwd L, fwd R/cl L, fwd R;
\{Swivel Wlk 4\} with swiveling action Fwd L, fwd R, fwd L, fwd R;
\{4 Pt Steps\} Repeat Intro, meas 1; Repeat Intro, meas 1;
\{R Trng Triple\} Commence \(\frac{1}{4}\) RF trn sd L/cl R, complete trn side L, commence \(\frac{1}{4}\) RF trn sd R/cl L, complete turn sd R to fc COH;

9-16 FALLAWAY RK ~ RK REC TO 2 PT STPS; ; ; 2 FWD TRIPLES;
SWIVEL WLK 4; 4 PT STEPS; ; R TRNG TRIPLE TO WALL;

9-11 \{Fallaway Rk\} Rk bk L to SCP, rec on R, sd L/cl R, sd L; Sd R/cl L, sd R,
\{Rk Rec to 2 Pt Stps\} Rk bk L, rec R to SCP RLOD; Repeat Intro, meas 1;

12-15 Repeat Part B, meas. 4-7 to RLOD; ; ;

16 Repeat Part B, meas. 8 to fc WALL;

PART C

1-4 DOUBLE RK TO THROWWAY; ; CHICKEN WLKS (2 SLO, 4 QK); ;

1-4 \{Double Rk to Throwaway\} Rk apt L, rec R, rk apt L, rec R; Repeat Intro, meas 2-4; ;

5-8 CHG L TO R & GLIDE TO THE SIDE TO BFLY WALL; ; PROG RK;
CHASSE L & R;

5-8 Repeat Intro, meas 5-8; ; ; [Second time to CP];

PART A (MOD)

1-8 BASIC RK IN BFLY ~ SHLDR SHOVE; ; ; CHG R TO L ~
CHG L TO R TO WALL; ; ; STOP & GO; ;
1-3 Repeat Part A, meas 1-3; 
4-6 \{Chg R to L\} Rk bk L to SCP LOD, rec R, sd L/cl R, sd L comm ¼ LF trn leading W to trn RF und joint lead hnds (Rk bk R to SCP LOD, rec L, sd R/cl L, fwd R comm 3/4 RF trn under jnd lead hnds); Sd & fwd R/cl L, sd R (Sd & bk L/cl R, sd & bk L) LOP-FCG LOD, \{Chg L to R\} Rk bk L, rec R; Sd L/cl R, sd L comm ½ RF trn fdg W to trn LF undr jnd ld hnds (Fwd R/cl L, fwd R comm ¼ LF trn undr jnd ld hnds), sd R/cl L, sd R (sd L/cl R, sd L complete LF trn to fc ptr) to LOP-FCG WALL;
7-8 \{Stop & Go\} Repeat Part A, meas 15-16;

**PART C (MOD)**

1-4 **DOUBLE RK TO THROWAWAY; ; SAILOR SHUFFLE 4X; ;**
1-4 \{Dbl Rk to Throwaway\} Repeat Part C, meas 1-2; 
5-8 **CHG L TO R & GLIDE TO THE SIDE TO BFLY; ; STEP KICKS; AWAY KICK FC TCH TO CP;**
5-8 \{Chg L to R & Glide to Side\} Repeat Part C, meas 5-6; 
\{Step Kicks\} Stp in place L, kick R fwd between W’s legs, stp R, kick L fwd (Stp in place R, kick L fwd, stp L, kick R fwd bet M’s legs);
\{Awy Kck Fe Tch\} Sd L blending to OP, kick R fwd twd LOD, rec R to fc ptr, tch L to CP;

**END**

1-3 **FALWAY RK ~ RK REC TO 2 PT STPS; ;**
1-3 Repeat Part B, meas 9 – 10 to SCP LOD; ; Repeat Part B, meas. 11;
4-8 **2 FWD TRPLS; SWIVEL WLK 4; 4 PT STPS; ; PT AGAIN & HOLD;**
4-8 Repeat Part B, meas 4-7; ; ; Pt L toward LOD & hold;