

ALL ABOUT THAT BASS

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MUSIC: "All About That Bass" by Meghan Trainor (3:07) or "All About That Bass(Clean Version)" by Urban Heat - Album: Super Hot Radio Hits Today (3:11). Both versions cut or quick fade at 2:26

RHYTHM: CHA CHA, RAL PHASE IV + 2 [O. hip twist, Single Cubans] +1[Ronde cha cha box] SPEED: Slow 10% or to suit
Footwork: OPPOSITE, DIRECTIONS TO MAN SEQUENCE: A-B-C-Amod-D-C-A-END

MEASURE NOTE: Singer starts before music. Dance starts with music. Give first cue when singer starts.

PART A

1 - 8 **[Loose CP Wall] BASIC;; ALEMANA To LARIAT;;; HND To HND 2X;;**

- 1 - 4 Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/, cl L, sd R; Rk Fwd L, rec R, bk & sd L/ cl R, sd L raising lead hnd to lead W. under(Bk R, rec L, fwd & sd R/cl L, fwd & sd R) ; trng slightly RF Bk R crsg beh L lead'g W under jnd hands, rec L to fc wall, sd R/cl L, sm sd R(W fwd L twd M's left sd under joined lead hnds trng 1/2 RF, fwd R trng RF to fc M, fwd & sd L, cl R, sd L);
- 5 - 8 Maintaing jnd lead hnds Sd L w/partial wgt, rec R, sd L/cl R, sd L leadg W fwd to pass beh bk(W Fwd R pass'g m's rt sd, fwd L, fwd R/cl L, fwd R beh M to LOP fcg wall); Bk R, rec L, sd R/cl L, sd R cont to lead W to fc (W Fwd L, fwd R to fc ptr, sd L/ cl R, Sd L to Bfy); Trng LF to sd by sd pos bk L, rec R trng RF to Bfy, Sd L/cl R, Sd L; Trng RF to sd by sd pos Bk R, rec L to fc, sd R/cl L, sd R;

PART B

1 - 8 **CHASE w/ UNDERARM PASS;; FENCE LINES 2X;; CHASE w/ UNDERARM PASS;; N. YORKER; SPOT TRN;**

- 1 - 4 Keeping lead hnds jnd Fwd L trng 1/2 RF, rec R, fwd L/ cl R, fwd L(W Bk R, rec L, fwd R/ cl L, fwd R twd M's lft sd); Bk R raising jnd hnds to bring W past lft sd, rec L, sm sd R/cl L, sd R to Bfy(W. fwd L , fwd R trng 1/2 LF under jnd hnds to fc ptr, sd L/cl R, sd L) to Bfy coh; Cross lunge thru L (lod) w/ bent knee lookg dir of lunge, rec R to fc, sd L/cl R, sd L; Cross lunge thru R w/bent knee lookg dir of lunge, rec L trng RF to fc, Sd R/cl L, Sd R;
- 5 - 8 Keeping lead hnds jnd Fwd L trng 1/2 RF, rec R, fwd L/cl R, fwd L(W Bk R, rec L, fwd R/ cl L, fwd R twd M's lft sd); Bk R raising jnd hnds to bring W past lft sd, rec L, sm sd R/cl L, sd R to Bfy(W. fwd L , fwd R trng 1/2 LF under jnd hnds to fc ptr, sd L/cl R, sd L) to Bfy wall; Trng RF to Sd by Sd bringing lead hnds thru Fwd L with str leg, rec R to fc ptr, sd L/cl R, sd L; XRIF trng LF up to ¾, Rec L cont to trn to fc, sd R/cl L, sd R to Bfy;

9 - 16 **BRK BACK TO TRIPPLE CHAS;; AIDA TO TRIPPLE BK CHAS;; SWITCH To CRAB WALKS;; N. YRKR 2X;;**

- 9 - 12 Trng LF Stp Bk L to OP, rec R trng slightly RF to tch lead hnds w/ptr fwd L/lk R ib, fwd L; Trng slightly away fr ptr Fwd R/ lk L ib, fwd R, trng slightly twd ptr to tch lead hnds fwd L/lk RIB, fwd L to LOD; Jng lead hnds Thru R, trng RF sd L, contg RF trn to slightly away fr ptr bk R/lk L if, bk R; trng slightly twd ptr Bk L/ lk R if, bk L, trng slightly away from ptr Bk R/lk L if, bk R;
- 13-16 Swiveling LF to fc ptr in Bfy Sd L, rec R, swvlng rf on R XL if/ fcg sd R, XL if; fg Sd R, swvlng rf on R XL if, sd R/ cl L, sd R; Trng RF to Sd by Sd bringing lead hnds thru Fwd L with str leg, rec R to fc ptr, sd L/cl R, sd L; Trng LF thru fwd R w. str leg, rec L to fc ptr, sd R/cl L, sd R;

PART C

1 - 8 **RONDE CHA CHA BOX 2X;;; CHASE 2 MEAS TO TANDEM WALL;; CUCURACHA 2X;;**

- 1 - 4 In low Bfy or no hnds jnd with ronde action XL if, sd R, bk L/ lk R if, bk L; with ronde action XR ib, sd L, fwd R/lk L, fwd R; REPEAT meas 1 - 2;;
- 5 - 8 Fwd L trng 1/2 RF, rec R, fwd L/cl R, fwd L (W. Bk R, rec L, fwd R/cl L, fwd R); Fwd R trng 1/2 LF, rec L, fwd R/ cl L, fwd R to tandem wall(W fwd L trng 1/2 RF, rec R, fwd L/ cl R, fwd L; With partial weight Sd L, rec R, cl L/sip R, sip L; With partial weight Sd R, rec L, cl R/sip L, sipR; (arm styling optional)

9 - 16 **TRAVELING DOORS 2X;; FINISH CHASE;; O. HIP TWIST To FAN;; HOCKEY STICK OT To FC;;**

- 9 - 12 (Still in tandem) Rk Sd L, rec R, XL if/sd R, XL if; Rk Sd R, rec L, XR if, sd L XR if; Rk fwd L, rec R, bk /cl R if, Bk L(W. fwd R trng LF 1/2, Rec R, fwd L, cl R, fwd L); Rk fwd L, rec R, bk / lk R if, bk L (W. Fwd R trng 1/2 LF, rec L, fwd R/lk L, fwd R); Bk R, rec L, Sd r/cl L, sd R;
- 13-16 Fwd L, rec R, bk / cl R, sm bk L keeping lft am fwd to lead W(W. Bk R, rec L, fwd R/cl L, fwd R swvlng 1/4 RF but keeping shldr as square to ptr as possible); Bk R, rec L, Sd R/cl L, sd R(W. Fwd L, fwd R trng 1/2 LF to fc rld, bk L/lk R if, bk L); Fwd L, rec R bringing lead hnds up & acrs forehead to lead W twd rld, sd & bk L/cl R, cl L(W. Cl R, fwd L, fwd R/lk L, fwd R twd rld); Trng slightly RF Bk R, rec L leading W to LF underarm trn, trng to wall sd /cl L, sd R(W. fwd L, fwd R trng LF under jnd hnds to fc ptr, sd L/cl R, sd L) to Bfy;

PART Amod**1 – 8 QUICK N. YRKRS 2X; SINGLE CUBANS; ALEMANA To LARIAT;;; HND To HND 2X;;**

- 1 – 4 Trng RF to Sd by Sd bringing lead hnds thru Fwd L with str leg/ rec R to fc ptr, sd L, Trng LF thru fwd R w. str leg/ rec L to fc ptr, sd R; Rk Fwd L, rec R, bk & sd L/ cl R, sd L raising lead hnd to lead W. under (W. Bk R, rec L, fwd & sd R/cl L, fwd & sd R); trng slightly RF Bk R crsg beh L lead'g W under jnd hands, rec L to fc wall, sd R/cl L, sm sd R(W fwd L twd M's left sd under joined lead hnds trng 1/2 RF, fwd R trng RF to fc M, fwd & sd L, cl R, sd L);
- 5 – 8 Maintaing jnd lead hnds Sd L w/partial wgt, rec R, sd L/cl R, sd L leadg W fwd to pass beh bk(W Fwd R pass'g m's rt sd, fwd L, fwd R/cl R, fwd L beh M to LOP fcg wall); Bk R, rec L, sd R/cl L, sd R cont to lead W to fc (W Fwd L, fwd R to fc ptr, sd L/ cl R, Sd L to Bfy); Trng LF to sd by sd pos bk L, rec R trng RF to BFY, Sd L/cl R, Sd L; Trng RF to sd by sd pos Bk R, rec L to fc, sd R/cl L, sd R to BFY;

NOTE: Amod can be replaced with A if desired.

PART D**1 – 8 SLO MER; OK MER (4); TRVLNG DOORS 2X;; SLOW MER; OK MER; SLO MER; HIP ROLL DOWN & UP;**

- 1 – 4 Sd L using insd edge of ball of ft & rolling onto ft(merangue action), -, straightening L knee cl R, - ; Sd L, cl R, sd L, cl R w/ merangue action; Rk sd L, rec R, XL if/sd R, XL if; Rk sd R, rec L, XR if/cl L, XR if;
- 5 – 8 Repeat Meas 1 & 2;; Repeat Meas 1;(Relsg hnds if jnd) With knees tog lower while rolling hips fwd & bk, -, rise while rolling hips fwd & bk,-;

PART C**1 - 8 RONDE CHA CHA BOX 2X;;; CHASE 2 MEAS TO TANDEM WALL;; CUCURACHA 2X;;**

- 1 – 4 In low BFY or no hnds jnd with ronde action XL if, sd R, bk L/ lk R if, bk L; with ronde action XR ib, sd L, fwd R/lk L, rwd R; REPEAT meas 1 - 2;;
- 5 - 8 Fwd L trng 1/2 RF, rec R,fwd L/cl R, fwd L (W. Bk R, rec L, fwd R/cl L, fwd R); Fwd R trng 1/2 LF, rec L, fwd R/ cl L, fwd R to tandem wall(W fwd L trng 1/2 RF, rec R, fwd L/ cl R, fwd L); With partial weight Sd L, rec R, cl L/sip R, sip L; With partial weight Sd R, rec L, cl R/sip L, sipR; (arm styling optional)

9 - 16 TRAVELING DOORS 2X;; FINISH CHASE;; O. HIP TWIST To FAN;; HOCKEY STICK;;

- 9 – 12 (Still in tandem) Rk Sd L, rec R, XL if/sd R, XL if; Rk Sd R, rec L, XR if, sd L XR if; Rk fwd L, rec R, bk / lk R if, Bk L(W. fwd R trn g LF 1/2, Rec R, fwd L, lk R, fwd L); Rk fwd L, rec R, bk / lk R if, bk L (W. Fwd R trng 1/2 LF, rec L, fwd R/lk L, fwd R); Bk R, rec L, Sd r/cl L, sd R;
- 13–16 Fwd L, rec R, bk / cl R, sm bk L keeping lft am fwd to lead W(W. Bk R, rec L, fwd R/cl L, fwd R swvlg 1/4 RF but keeping shldr as square to ptr as possible); Bk R, rec L, Sd R/cl L, sd R(W. Fwd L, fwd R trng 1/2 LF to fc rlod, bk L/lk R if, bk L); Fwd L, rec R bringing lead hnds up & acrs forehead to lead W twd rlod, sd & bk L/cl R, cl L(W. Cl R, fwd L, fwd R/lk L, fwd R twd rlod); Trng slightly RF Bk R, rec L leading W to LF underarm trn, fwd R /lk L, fwd R(W. fwd L, fwd R trng LF under jnd hnds to fc ptr, bk L/lk R if, bk L) ;

PART A**1 – 8 BASIC;; ALEMANA To LARIAT;;; HND To HND 2X;;**

- 1 – 4 Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/, cl L, sd R; Rk Fwd L, rec R, bk & sd L/ cl R, sd L raising lead hnd to lead W. under(Bk R, rec L, fwd & sd R/cl L, fwd & sd R); trng slightly RF Bk R crsg beh L lead'g W under jnd hands, rec L to fc wall, sd R/cl L, sm sd R(W fwd L twd M's left sd under joined lead hnds trng 1/2 RF, fwd R trng RF to fc M, fwd & sd L, cl R, sd L);
- 5 – 8 Maintaing jnd lead hnds Sd L w/partial wgt, rec R, sd L/cl R, sd L leadg W fwd to pass beh bk(W Fwd R pass'g m's rt sd, fwd L, fwd R/cl L, fwd R beh M to LOP fcg wall); Bk R, rec L, sd R/cl L, sd R cont to lead W to fc (W Fwd L, fwd R to fc ptr, sd L/ cl R, Sd L to Bfy); Trng LF to sd by sd pos bk L, rec R trng RF to BFY, Sd L/cl R, Sd L; Trng RF to sd by sd pos Bk R, rec L to fc, sd R/cl L, sd R;

End

POINT TO LOD

- 1 Point L ft and extend lead arm to LOD