

ALL ABOUT THAT BASS FOXTROT

Choreographers: George & Pamela Hurd, 2021 N. Caribou Rd., Gilmer, TX 75644 Ph: 602-321-2078
Special thanks to our coach Yelena Babyuk for assisting with the choreography

Rhythm: Foxtrot Speed: Slow to 28 MPM

Phase: VI

Music: "All About That Bass" – (2015 European Cast) Artist: Scott Bradlees Postmodern Jukebox

Download from Amazon Time: 4:01 Original music cut at 2:26 After cut slow to 28 MPM

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SEQUENCE: INTRO-AB-INTERLUDE-C-B(Mod) Footwork: Opp for Lady (except where noted)

INTRO

1-4 WAIT., PASSING CROSS HOVER; THRU SIDE w/HIP LIFT TO FC (LT HNDS); PASSING CROSS HOVER (RT HNDS); M WHEEL LADY UNDER RT SHAD/LN;

- [Wait] M fcg DLW & W fcg DRC about 2 ft apt no hnds jnd both w/R ft free
Hold thru the words "Because you know" dance starts on the word "It's" ,-,
- SQQ [Passng Cross Hvr] Identical footwork stp fwd R comm to pass by ptr,-, fwd L rising
and comm trng ½ RF, rec R completing RF trn to end fcg DRW (W fcg DLC) w/M still
on insd track & W on outsd track;
- S&-- [Thru Sd w/Hip Lift] Stp fwd L comm to pass by ptr,-/fwd R rising and comm trng LF
draw L ft twds R ft w/no wgt quickly lift, & lwr the L hip joining L hnds to end M fcg
LOD (W fcg RLOD) end w/M on the outsd track & W on the insd track;
- SQQ [Passng Cross Hvr] Stp fwd L comm to pass by ptr,-, fwd R rising and comm trng ½
LF, rec L completing LF trn joining R hnds to end fcg DRC (W fcg DLW) w/M still on
outsd of track & W on insd of track w/R hnds jnd in hndshk pos;
- SQQ [M Wheel Undr Rt to Shad Ln] Wheel RF fwd R comm to trn ptr RF undr jnd R hnds
,-, L, R (fwd R comm to trn RF under jnd R hnds,-, fwd L cont RF trn, sd & fwd
completing trn) to end SHAD/LOD;

5-8 CROSS POINT & HIP LIFT; CROSS SIDE BOTH TOUCH LADY CARESS; LADY ROLL 2 M FWD 1 TO FC; HOVER (SCP);

- S-- [Cross Pt & Hip Lift] XLIF of R pt R ft sd twds DLW,-, lift the R hip w/o wgt, lwr the
R hip w/o wgt to end SHADOW both fcg DLC;
- SQ- [Cross Sd both Tch] XRIF of L twds DLC,-, sd L trng slightly RF, tch R to L w/o wgt
(W caress the L sd of the M's face w/R hnd) to end SHADOW both fcg DLW;
- S (SS) [Lady Roll 2 M Fwd 1] M hold leading ptr to free roll RF,-, fwd R (twds DLW fwd R
trng RF,-,cont trng RF bk L) to end slightly apt nothing touching M fcg ptr & DLW,-;
- SQQ [Hvr] Fwd L comm blndng to CP,-, sd & slightly sd R rising, sd & fwd L to SCP/DLC;

PART A

1-3 PROMENADE WEAWE;; 3 STEP;

- SQ- [Prom Weave] Thru R comm trng LF,-, fwd cont LF trn, sd & slightly bk R cont LF trn
(Thru L comm LF trn,-, cont trng LF sd & bk R in front of M, sd & fwd L);
- QQQQ Bk L in CBJO, bk R to CP strtg to trn LF, trn LF sd & fwd L, fwd R (fwd R in outside
ptr, fwd L to CP strtg to trn LF, trn LF sd R, bk L) in CBJO/DLW;
- SQQ [3 Step] Fwd L,-, fwd R heel rising to toe w/slight R sd lead, fwd L to CP/DLW;

4-8 NATURAL HOVER CROSS CHK'D TO CONTINUOUS HOVER CROSS;;; TELESPIN TO OK THROWAWAY/OVERSWAY;;;

- SQQ [Nat'l Hvr X Chk'd to Cont Hvr X) Fwd R commence RF trn,-, cont trng RF stp sd L,
strongly trng RF on L stp sd & fwd R toe pts almost LOD body trns less fcg DLC (bk L
comm trng RF,-, heel trn cl R to L, cont trng RF sd & bk L) to SCAR DLC;
- QQQQ Rk fwd L, rec R, slightly XLIF of R, trng body RF cl R to L (rk bk R, rec L, slightly
XRIB of L, trng RF stp sd L) fcg LOD;

- QQQQ** Bk L w/R side lead ptr outsd, bk R trng to CP, sd & fwd L w/L side lead, fwd R outsd ptr (fwd R outsd ptr w/L side lead, fwd L, sd & bk R w/R side lead, bk L outsd ptr) to end CBJO/DLC;
- SQ-** [Telespin to Qk Throwaway Oversway] Fwd L comm trng LF,-, fwd & sd R cont trng
(**SQQ**) LF, sd & slightly bk L LOD w/partial wgt now fcg DRW (bk R,-, heel trn cl L to R, sd & fwd R twds LOD collect L ft under the body w/o wgt);
- QQS** Cont trng upper body LF to lead ptr fwd/take full wgt on the L ft cont trng LF to CP, fwd
(**&QQS**) & sd R cont trng LF, sd & fwd L to SCP/DLW trng thru the hips to CP/DLW lwr into L knee allow the R ft to point bk (fwd L twds LOD trng LF/fwd & sd R DLC, trng LF cl L to R toe spin to CP, sd & fwd R trng LF thru the hips to CP allow the R ft to swvl collect L ft under the body w/o wgt lwr into R knee extend L ft bk twds DLW) maintain hips up twds ptr,-;
- 9-12** **LINK TO SEMI; OPEN NATURAL TO BFLY; BK CHASSE TWIRL BFLY SCAR; CHK FWD LADY DEVELOPE;**
- QQ** [Link Semi] Rise on the L blnd to CP,-, cont to rise w/L side stretch (Lady's head L) cl R to L rising on toes, correct sway sd & fwd L to SCP LOD;
- SQQ** [Op Nat'I] Thru R comm trng RF,-, fwd & sd L cont RF trn to CP RLOD, cont RF trn bk & sd R (fwd L,-, fwd R between M's ft, sd & fwd L) to BFLY backing DLW;
- SQ&Q** [Bk Chasse Twirl Scar] Bk L trng RF raise jnd ld hnds to lead ptr's RF twirl,-, sd R/cl L, sd & fwd R (fwd R,-, trn RF L/R, L) to end BFLY/SCAR LOD;
- S--** [Chk Fwd Developpe] Chk fwd L & hold shape strongly L (chk bk R draw L leg up the outside of the R knee & extend L ft fwd lwr L leg beside the R ft);
- 13-16** **BK TO OUTSIDE CHK; HEEL PULL CURVED FEATHER; MHEEL PULL LADY ROLL RT 4 TO FC; LOWER & RISE;**
- SQQ** [Bk to Outsd Chk] Bk R trng LF,-, sd & fwd cont trng LF, fwd R in CBJO/DRC w/checking action;
- QQQQ** [Heel Pull Curv'd Fea] Trng RF bk L, comm trng RF pull R ft just past L taking wgt CP/LOD, fwd L comm outsd ptr w/strong RF body trn, fwd R outsd (W fwd R outsd ptr comm RF trn, sd & bk R to CP, bk R w/strong RF body trn, bk L) to end CBJO DRW;
- QQ--** [M Heel Pull Lady Roll Rt 4 to Fc] Trng RF bk L, comm trng RF pull R ft just past L
(**QQQQ**) taking wgt on R while leading ptr to cont RF roll & release all hnds end fcg DLC {see note below} (W rolling RF fwd R,L,R,cl L to R end fcg M & DRW) no hnds jnd approx 1-2 ft apt; {Note}: Man may elect to step in place or fwd L, R to maintain proper spacing.
- [Lwr & Rise] With ft tog soften into both knees lwr slide hnds along your own sds,-, rise straighten knees M place both hnds on ptr's waist (Lady's hnds up & over her head her head palms out),-;

PART B

- 1-4** **OPEN REVERSE TURN; OPEN FINISH LADY WRAPS; SLOW FWD & THRU TO BFLY/WALL; SIDE SWAY L & R;**
- SQQ** [Op Rev Trn] With both hnds still on her waist trng LF fwd L w/slight L sway,-, sd R cont trng LF blend to normal CP, bk L dissolving any sway to end BJO RLOD;
- SQQ** [Op Fin Lady WRAP] Bk R w/slight RF sway comm to raise jnd ld hnds,-, sd L trng LF under jnd ld hnd, fwd R lwrng ld hnds dissolve any sway joining R hnds at ptr's R sd to end in Wrapped pos both fcg LOD;
- SS** [Slo Fwd & Thru BFLY] Step fwd L release trng hnds,-, thru R trng RF (trn LF) blndng to BFLY/WALL,-;
- SS** [Sd Sway L & R] Lwr to step sd L soften knee slightly draw R slightly to L as you straighten,-, sd R soften knee draw L to R as you straighten,-;

5-8 LADY RIFF TURN 2 & SIDE CLOSE (DW); HOVER SEMI; LADY ROLL LOP/LOD; LADY ROLL BACK M TRANS SHAD/LN;

- QQQQ** [Lady Riff Trn 2 & Sd Cl] Sd L raise jnd lead hnds trng ptr RF, cl L, trng slightly LF small sd L, cl R (sd R trng RF one full trn under jnd ld hnds, cl L, trng slightly LF sd R, cl L) blend to CP/DLW;
- SQQ** [Hover] Fwd L,-, sd & slightly fwd R rising, sd & fwd L to SCP/DLC;
- QQS** [Lady Roll to LOP/LOD] Leading ptr to roll out XRIF of L, rec L, sd R (fwd L comm trng LF, fwd R cont LF trn sd L) to end sd by sd in LOP/LOD,-;
- SS (QQS)** [Lady Roll Bk M Trans Shad/Ln] Leading ptr thru jnd lead hnds to roll bk RF rk sd L,-, rec sd R (fwd R comm trng RF, fwd L cont trng RF, sd R) to end SHAD/LOD both w/L ft free,-;

9-12 SHADOW CROSS HOVER; SHADOW FEATHER; LADY ROLL M TRANS LOP/LOD; TOGETHER & APART;

- SQQ** [Shad Cross Hvr] Identical footwork slightly XLIF of R comm to rise trng LF,-, sd & slightly fwd R cont to rise trng LF, diagonally fwd L to SHAD/DLC;
- SQQ** [Shad Fea] Fwd R,-, fwd L, fwd R end CBMP/DLC;
- SS (QQS)** [Lady Roll M Trans to LOP/LOD] Leading ptr to roll out sd & fwd L,-, rec sd R (fwd L comm trng LF, fwd R cont LF trn, sd L) to end sd by sd in LOP/LOD,-;
- SS** [Tog & Apt] Step tog L (tog R) trng to fc ptr tch trng hnds low palm to palm w/jnd ld hnds up & out,-, push apt sd R (sd L) sweep trng hnds up & out,-,

13-16 M ROLL LADY WHEEL 4 (BOL/BJO); M WHEEL LADY ROLL IN 4 (CP/DW); HOVER TELEMAR; SLOW THRU & POINT (SEMI);

- QQQQ** [M Roll Lady Wheel 4 BOL/BJO] Trng LF small fwd L place ptr's R hnd at M's waist raise R arm straight up, cont trng LF fwd & sd R comm to lwr R arm and comm to raise L arm, trng RF small fwd L raise L arm straight up, cont trng RF fwd R lwr L arm to the sd placing R arm around ptr's waist (maintain R hnd contact on M's waist xtnd L arm to the sd trng RF around M fwd R,L,R,L to fc DLW) to end approx BOL/BJO M fcg DRC;
- QQQQ** [M Wheel Lady Roll in 4 CP/DW] Trng RF fwd L lead ptr to free roll RF off the M's R arm, cont trng RF fwd R,L,R blndng to CP (fwd R comm to roll RF, release hnds from M's waist extend both arms straight up roll RF L,R,L to fc DRC) M fc ptr & DLW;
- SQQ** [Hvr Tele] Fwd L blend to CP,-, sd & fwd R btwn ptrs ft trng RF, fwd L to SCP/LOD;
- S--** [Slo Thru & Pt] Thru R,-, point L ft fwd LOD to SCP/LOD,-;

INTERLUDE

1-4 SLOW SWAY R & L; QK SWAY R & L SIDE CLOSE (SCAR); SLOW CROSS SWIVEL BJO/LN; STEP RONDE SCAR & FWD LADY LEG LIFT;

- [Slo Sway R & L] Soften into R knee sway strongly R no wgt chg,-, sway strongly L straighten knee no wgt chg,- still SCP/LOD,-;
- QQ** [Qk Swy R & L Sd Cl SCAR] Qk sway R no wgt chg, sway L no wgt chg, small sd L lead ptr to step further to M's L sd, cl R (ptr longer sd R, cl L) to end SCAR/DLW;
- S--** [Slo Cross Swvl BJO LN] Fwd L swvl slightly LF leave R ft ptnd bk (L ft ptnd fwd) end BJO/LOD;
- SS** [Stp Ronde SCAR & Fwd Lady Leg Lift] Fwd R ronde L ft CW trng to SCAR RLOD,-, fwd L w/checking action (bk L ronde R ft CW to SCAR RLOD,-, step bk R chng, flick L ft in front of R at knee level) now in SCAR/RLOD,-;

5-8 BACK VINE 3 LADY RONDE; BACK WRAP M TRANS TO SHADOW LOD; (LT FT) 2 MONKEY WALKS; FWD 3 TO SHADOW CONTRA CHK;

- QQS** [Bk Vn 3 Lady Ronde] Bk R trng LF, sd L, XRIF of L CP/WALL lwr into R knee strongly rotate body RF to lead ptr to ronde (fwd L trng LF, sd R, XLIB of R ronde R ft CW to end w/R ft pointed bk twds RLOD),-;

- QQ--(QQS)[Bk Wrap M Trans Shad/Ln]** Bk L trng slightly LF, bk R raise ld hnds trng ptr LF, tch L to R join ld hnds (bk R comm to trn LF, fwd L trng LF, cont trng LF bk R) blending to SHAD/LOD both w/L ft free,-;
- SS** [2 **Monkey Wks**] Sweep L ft fwd & then to the L/as you step sd & fwd L (W's step is in front of M's L hip),-, Sweep R ft fwd & then to R/as you step sd & fwd R in front of W's R hip,-;
- QQS** [Fwd 3 to **Shad Contra Chk**] Cl L to R (fwd L), sd fwd R bhnd W between her ft (fwd R), both fwd L w/contra chk action R sd lead in CBJO SHAD fcg LOD,-;

PART C

- 1-8** **BOOTY BACK 2 SLOWS & HOLD;,, M BACK TCH LADY SLIP PVT (CP/DC);, 3 QK FALLAWAYS w/OUTSIDE CHK ENDNG;;; HEEL PULL CURVED FEATHER; M HEEL PULL LADY ROLL RT 4 TO FC; LOWER & RISE;;**
- SS--** [Booty Bk 2 Slos & Hold] Bk R,-, bk L drop hnds,-; With ft tog both lwr slide hnds along your own sds, rise M place both hnds on ptr's waist (Lady's hnds up & over her head palms out),
- QQ** [M Bk Tch Lady Slip Pvt to CP] leading ptr to trn LF thru contact w/hips bk R release hold, tch L to R (trng LF bk R toe turned undr , cont trng LF fwd L pvtng LF) to CP/DC;
- QQQQ** [3 Qk Fallaways w/Outsd Chk Endng) Fwd L turning LF, sd R, XLIB (W XRIB), bk R turning ptr LF to CP RLOD;
- QQQQ** Cont trng LF sd L, XRIB (W XLIB) under body keep R sd to ptr, cont trng LF fwd L LOD, cont trn fc COH sd R;
- QQQQ** XLIB (W XRIB), cont trn bk R trng ptr to CP, sd & fwd L, fwd R CBJO/RLOD;
 [Heel Pull Curv'd Fea] Repeat measure 14 of PART A;
 [M Heel Pull Lady Roll Rt 4 to Fc] Repeat measure 15 of PART A;
 [Lwr & Rise] Repeat measure 16 of PART A;

PART B (MOD)

- 1-4** **OPEN REVERSE TURN; OPEN FINISH LADY WRAPS; SLOW FWD & THRU TO BFLY/WALL; SIDE SWAY L & R;**
- 5-8** **LADY RIFF TURN 2 & SIDE CLOSE (DW); HOVER SEMI; LADY ROLL LOP/LOD; LADY ROLL BACK M TRANS SHAD/LN;**
- 9-12** **SHADOW CROSS HOVER; SHADOW FEATHER; LADY ROLL MTRANS LOP/LOD; TOGETHER & APART;**
- 13-15+** **WHEEL 4 BOL/BJO; M WHEEL/LADY ROLL IN 4 (CP/DW); QK SIDE TOUCH TWICE; QK CUDDLE CORTE w/LEG CRAWL,**
- Q-Q-** [Qk Sd Tch Twice] In CP/DW sd L, tch R, sd R, tch L;
- &-** [Cuddle Corte w/Leg Crawl] Blnd Cuddle pos sd & bk L soften into L knee/straighten L knee (Lady bring L leg up along outsd of M's R leg),