



ALL ABOUT THE BASS



Artist: Meghan Trainor

CD: All About the Bass - Single

Choreo: Darolyn Pchajek, Darolyn@daretoclog.com

Level: Intermediate Plus

You basically start right away!!! (start Stamp on the word "I'm")

Song available on iTunes

CHORUS

3 About the Bass Steps (1 Step described on right)	<u>Stamp</u>	<u>Stomp</u>	<u>Skuff</u>	<u>Hop</u>	<u>Stamp</u>	<u>Stomp</u>	<u>Skuff</u>	<u>Hop</u>	<u>Stamp</u>	<u>Stomp</u>	<u>Skuff</u>	<u>Hop</u>	<u>Flap(b)</u>	<u>Hop</u>	<u>Skuff</u>	<u>Hop</u>	
	L	L	R	L	R	R	L	R	L	L	R	L	R	L	R	L	
	&	1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	
All About the Bass	<u>Stamp</u>	<u>Stomp</u>	<u>Skuff</u>	<u>Hop</u>	<u>Flap(b)</u>	<u>Hop</u>	<u>Skuff</u>	<u>Hop</u>	<u>Flap(xf)</u>	<u>Hop</u>	<u>Skuff</u>	<u>Hop(os)</u>	<u>Flap</u>	<u>Hop(b)</u>	<u>Tap</u>	<u>Toe(b)</u>	<u>Slide</u>
	R	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	R
	&	1	&	2	&	3	&	4	&	5	&	6	&	7	&	8	

PART A

Groovy	<u>DS</u>	<u>Brush Up</u>	<u>Toe(xif)</u>	<u>Heel</u>	<u>Tap</u>	<u>Toe(xib)</u>	<u>Heel</u>	<u>Brush Up</u>	<u>Toe(xif)</u>	<u>Heel</u>	<u>Brush Up</u>	<u>Toe(xif)</u>	<u>Heel</u>	
	L	R	R	R	L	R	L	L	L	L	R	R	R	
Heel Slur Shake	<u>Heel(os)</u>	<u>Slur</u>	<u>Step(tog)</u>	<u>DT</u>	<u>Twist</u>	<u>Twist</u>	<u>Twist</u>							
	L	R	R	L	Both	Both	Both							
Heel Slur Basic	<u>Heel(of)</u>	<u>Slur</u>	<u>Step(tog)</u>	<u>DS</u>	<u>RS</u>									
	R	L	L	R	LR									
Boom Boom	<u>DS</u>	<u>DS</u>	<u>Clap</u>	<u>Clap</u>	<u>RS</u>	<u>DS</u>	<u>DS</u>	<u>RS</u>	<i>(Claps can be replaced with both fists pumping)</i>					
	L	R			LR	L	R	LR						
2 Heel Walks	<u>Rock</u>	<u>Heel</u>	<u>Snap</u>	<u>Heel</u>	<u>Snap</u>	<u>Step</u>	<u>RS</u>	<u>Rock</u>	<u>Heel</u>	<u>Snap</u>	<u>Heel</u>	<u>Snap</u>	<u>Step</u>	<u>RS</u>
	L	R	R	L	L	R	LR	L	R	R	L	L	R	LR
	&	1	&	2	&	3	&4	&	5	&	6	&	7	&8

Part A*

Groovy													
2 Heel Slur Basics													
Me & You	<u>DS</u>	<u>DT(xf)</u>	<u>DT(os)</u>	<u>RS</u>	<u>DT(os)</u>	<u>RS</u>	<u>DS</u>	<u>RS</u>					
	L	R	R	RL	R	RL	R	LR					
2 Heel Walks													

Part B

Simone Travel (turn 1/4 left on Brush)	<u>DT</u>	<u>Step/Slur(out & fwd)</u>	<u>Step</u>	<u>Step</u>	<u>Step/Slur(out & fwd)</u>	<u>Step</u>	<u>Step</u>	<u>Step</u>	<u>Brush Up</u>	<u>DS</u>	<u>RS</u>
	L	L / R	R	L	R / L	L	R	L	R	R	LR
Eric	<u>DS</u>	<u>DT(os)</u>	<u>Rock</u>	<u>Heel(w)</u>	<u>RS</u>	<u>Rock</u>	<u>Heel(w)</u>	<u>RS</u>	<u>DS</u>	<u>RS</u>	
	L	R	R	L	RL	R	L	RL	R	LR	

Repeat both steps 3 more times to front

Chorus 3 About the Bass Steps, All About the Bass

Part A**

Booty Back	<u>DS</u>	<u>Rock</u>	<u>Step(b)</u>	<u>Slur(b)</u>	<u>Step</u>	<u>DS</u>	<u>DS</u>	<u>RS</u>	<i>(Push hands fwd when doing slur back & stick booty out!)</i>			
	L	R	L	R	R	L	R	LR				
	&1	&	2	3 4	5	&6	&7	&8				
2 Heel Slur Basics												
Me & You												
2 Heel Walks												

Part B Simone Travel (turn 1/4 left on Brush), Eric; Repeat both steps 3 more times to front

Chorus* Do Chorus 3 times turning 120 degrees left with each chorus (therefore full circle by the end of the 3rd time).

Ending Eric, 2 Heel Slur Basics, Eric, Heel Walk, Step