

# BOOTS 'N' ALL

Emerald

# All About That Bass

(especially for the Emerald Malkari Guides)

**CHOREOGRAPHER:** Jo Rosenblatt, March 2015  
**DESCRIPTION:** 32 Count, 2 Walls, Beginner Level  
**START:** 32 count Intro, weight on left  
**SONG:** *All About That Bass* by Meghan Trainor.  
**ALBUM:** "Title" by Meghan Trainor

## PATTERN of DANCE

### **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.)

Free to be copied provided no changes are made to the original choreography.

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