

EZ All About that Base

Count: 32 **Wall:** 2

Level: Easy absolute beginner

Choreographer: Jo Hough (Australia) October 2014

Music: All about that Base by Meghan Trainor

Intro: after count 32

Section 1: 1-8

STEP TOUCH RIGHT, STEP TOUCH LEFT, LOCK STEP FORWARD ON RIGHT, TOUCH LEFT HOLD

- 1-2 step right to right, touch left next to right
- 3-4 step left to left, touch right next to left
- 5-6 step right foot forward, step left behind right
- 7-8 step right forward and touch left together and hold (12 o clock)

Section 2: 9-17

STEP TOUCH LEFT, STEP TOUCH RIGHT, LOCK STEP FORWARD ON LEFT, TOUCH RIGHT HOLD

- 1-2 step left to left touch right next to left
- 3-4 step right to right touch left next to right
- 5-6 step left foot forward step right behind left
- 7-8 step left forward and touch right together and hold (12 o clock)

Section 3: 17-24

STEP FORWARD ON RIGHT, HIP BUMPS RIGHT LEFT RIGHT WITH HOLD, STEP FORWARD ON LEFT, HIP BUMPS LEFT RIGHT LEFT WITH HOLD

- 1-2 step forward on right foot hips forward on right, hips back left
- 3-4 hips forward on right with hold (on 4)
- 5-6 step forward on left moving hips left forward, hips back on right
- 7-8 hips left forward with hold (on 8) (12 o clock). See arm styling note below

Section 4: 25-32

ROCK RIGHT FORWARD WITH HOLD, ROCK RIGHT BACK WITH HOLD, ¼ TURN PADDLE TOWARDS LEFT, ON RIGHT FOOT WITH HOLD, ¼ TURN PADDLE TOWARDS LEFT ON RIGHT FOOT, WITH HOLD

- 1 & 2 rock forward on right hold recover on left
- 3 & 4 rock back on right hold recover on left
- 5 & 6 ¼ turn paddle towards left, on right foot, with hold stepping on left,
- 7 & 8 ¼ turn paddle towards left on right foot, with hold stepping on left

Start again

NO BRIDGES OR RESTARTS

This dance was choreographed for year 3-7 school students with no dance experience, for an after school active sports program and is designed to get students dancing within ten minutes.

Section 3 : hip bumps - students encouraged to introduce own arm styling by bringing arms up to head in simulated hair flick whilst moving head forward and back in time with hips!

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