

# All About That Bass

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**Music:** "All About That Bass (Slowfox 29)" by Swingpop!  
<https://casa-musica.com/en/single-tracks/36651-all-about-that-bass-slowfox-29.html>

**Rhythm & Phase:** Foxtrot, Phase V + 0 + 1 (Cross Hover Telemark) **Original Time:** 3:27 at 29 MPM

**Footwork:** Opposite (*except where noted*) **Suggested Tempo:** 45 RPM

**Sequence:** Introduction, A, B, C, A, D, C, C, Ending

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## Introduction (4 measures)

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**1 – 4 Wait ; ; Step Together & Touch ; Feather Finish [DLW] ;**

-- 1–2 {Wait} Wait in LOP facing DRW with lead hands joined, ld feet free ; ;

S-- 3 {Step Together & Touch} Fwd L to CP w/slight RF rotation & stretch, -, -, - ;

SQQ 4 {Feather Finish} Bk R comm LF trn, -, sd & fwd L, fwd R in BJO DLW ;

## Part A (8 measures)

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**1 – 4 Reverse Wave ; ; Back Feather ; Back Three Step ;**

SQQ SQQ 1–2 {Reverse Wave} Fwd L comm  $\frac{3}{8}$  LF trn, -, sd & slightly bk R fcg COH, bk L starting slight LF trn (*W bk R comm  $\frac{3}{8}$  LF trn bring L foot to R [heel turn], -, chg wgt to L, fwd R starting slight LF trn*) ; Bk R cont slight LF trn curving to fc RLOD, -, bk L, bk R with upper body LF turn ;

SQQ 3 {Back Feather} Bk L, -, bk R with right sd lead, bk L BJO fcg RLOD ;

SQQ 4 {Back Three Step} Bk R to CP, -, bk L slight LF body trn, bk R fcg RLOD ;

**5 – 8 Closed Impetus ; Feather Finish ; Reverse Turn  $\frac{1}{2}$  ; Back & Chasse BJO ;**

SQQ 5 {Closed Impetus} Bk L draw R to L trng RF on L heel, -, cl R to L, bk L (*W fwd R trng RF, -, sd & fwd L, fwd R*) in CP fcg DLW ;

SQQ 6 {Feather Finish} Bk R comm LF trn, -, sd & fwd L, fwd R in BJO DLC ;

SQQ 7 {Reverse Turn  $\frac{1}{2}$ } Fwd L comm LF trn, -, sd & bk R fc RLOD, bk L (*W bk R comm LF trn pull L heel to R [heel turn], -, chg wgt to L, fwd R*) in CP fcg RLOD ;

SQ&Q 8 {Back & Chasse BJO} Bk R comm LF trn, -, sd & slightly fwd L/cl R to L, sd & slightly fwd L to BJO DLW ;

## Part B (16 measures)

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**1 – 4 Cross Pivot SCAR ; Cross Hover, 2X ; ; Cross Hover Telemark ;**

SQQ 1 {Cross Pivot SCAR} Fwd R outsd ptr comm RF trn, -, sd & slightly bk L cont RF trn w/L sd stretch, sd & fwd R cont RF trn to SCAR fcg DLW ;

SQQ SQQ 2 {Cross Hover, 2X} XLIF, -, fwd & sd R w/slight rise comm LF trn, sd & slightly fwd L to BJO fcg DLC ; XRIF, -, fwd & sd L w/slight rise comm RF trn, sd & slightly fwd R to SCAR fcg DLW ;

SQQ 4 {Cross Hover Telemark} XLIF outsd ptr, -, fwd & sd to CP w/L sd lead & slight rise comm RF trn, fwd L to SCP fcg DLW ;

**5 – 8 In & Out Runs ; ; Promenade Weave ; ;**

SQQ SQQ 5–6 {In & Out Runs} Thru R comm RF trn, -, sd & slightly bk L to CP RLOD, bk R (*W thru L, -, fwd R btwn M's feet trng RF, fwd L*) to BJO fcg RLOD ; Bk L comm RF trn, -, sd & fwd R btwn W's feet cont RF trn, fwd L (*fwd R comm RF trn, -, fwd & sd L cont RF trn, fwd R*) to SCP DLC ;

SQQ 7–8 {**Promenade Weave**} Thru R, -, fwd L trng LF, sd & bk R (*W thru L comm LF trn, -, sd & bk R, sd & fwd L*) to BJO fcg DRC ; XLIB, trng LF bk R to CP, trng LF sd & fwd L, fwd R (*W XRIF, fwd L to CP, trng LF sd & bk R, bk L*) BJO fcg DLW ;

### 9 – 12 Whisk ; Feather ; Reverse Turn ; ;

SQQ 9 {**Whisk**} Fwd L, -, sd & slightly fwd R, xlib (*W xrib*) w/RF upper body trn to SCP DLC ;  
 SQQ 10 {**Feather**} Fwd R, -, fwd L with left sd lead, fwd R BJO fcg DLC ;  
 SQQ SQQ 11 – 12 {**Reverse Turn**} Fwd L comm LF trn, -, sd & bk R fc RLOD, bk L (*W bk R comm LF trn pull L heel to R [heel turn], -, chg wgt to L, fwd R*) in CP ; Bk R comm LF trn, -, sd & slightly fwd L, thru R BJO fcg DLW ;

### 13 – 16 Hover Telemark ; Thru Chasse BJO ; Half Natural ; Hesitation Change ;

SQQ 13 {**Hover Telemark**} Fwd L, -, fwd & sd R rising slightly w/L sd lead trng RF, fwd L to SCP DLW ;  
 SQ&Q 14 {**Thru Chasse BJO**} Thru R, -, fwd L/cl R, fwd L to BJO fcg DLW ;  
 SQQ 15 {**Half Natural**} Fwd R comm RF trn, -, sd & slightly bk L to CP RLOD, bk R (*W bk L comm RF trn pull R heel to L [heel turn], -, chg wgt to R, fwd L*) in CP fcg RLOD ;  
 SS 16 {**Hesitation Change**} Bk L, -, trng RF sd & fwd R, draw L to R w/no wgt chg to CP fcg DLC ;

## Part C (16 measures)

### 1 – 4 Diamond Turn ½ ; ; Quick Diamond 4 [DLC] ; Dip Back & Recover ;

SQQ SQQ 1–2 {**Diamond Turn ½**} Staying in BJO throughout... fwd L trng ¼ LF, -, sd & bk R, bk L ; bk R trng ¼ LF, -, sd & fwd L, fwd R DRW ;  
 QQQQ 3 {**Quick Diamond 4**} Fwd L comm LF trn, sd & bk R, bk L, bk R (*W bk R trng LF, sd & fwd L, fwd R, fwd L*) to CP fcg DLC ;  
 SS 4 {**Dip Back & Recover**} Dip bk on soft L, -, rec R CP fcg DLC, - ;

### 5 – 8 Telemark Semi ; Curved Feather & Check ; Outside Spin ; Back & Chasse BJO ;

SQQ 5 {**Telemark Semi**} Fwd L comm LF trn, -, sd R w/L sd lead cont LF trn, sd & slightly fwd L (*W bk R comm LF trn pull L heel to R [heel turn], -, chg wgt to L, sd & slightly fwd R*) to SCP fcg DLW ;  
 SQQ 6 {**Curved Feather & Check**} Fwd R comm RF trn, -, sd & fwd L cont RF trn, fwd R cont RF upper body trn chkg in BJO fcg DRW ;  
 SQQ 7 {**Outside Spin**} Strong RF trn bk & sd L toe in, -, fwd R outsd ptr cont RF trn, sd & bk L to CP DRW (*W fwd R outsd ptr trn RF, -, cl L to R toe spin, fwd R between ptrs feet*) ;  
 SQ&Q 8 {**Back & Chasse BJO**} Bk R w/slight LF trn to fc Wall, -, sd & slightly fwd L/cl R to L, sd & slightly fwd L to BJO DLW ;

### 9 – 13 Natural Weave ; ; Three Step ; Natural Hover Cross ; ;

SQQ 9–10 {**Natural Weave**} Fwd R comm RF trn, -, sd L w/L sd stretch, bk R BJO fcg DRW (*W bk L w/slight RF trn, -, cl R heel trn, fwd L BJO*) ; Bk L w/R sd stretch, bk R comm LF trn, cont LF trn sd & fwd L, fwd R (*W fwd R, fwd L comm LF trn, sd & bk R, bk L*) to BJO fcg DLW ;  
 SQQ 11 {**Three Step**} Fwd L to CP DLW, -, fwd R w/R sd leading, fwd L ;  
 SQQ 12 - 13 {**Natural Hover Cross**} Fwd R comm RF trn, -, sd & slightly bk L cont RF trn w/L sd stretch, sd & fwd R cont RF trn (*W bk L comm RF trn pull R heel to L [heel turn], -, chg wgt to R, sd L*) to SCAR fcg DLC ;  
 QQQQ fwd L on toe in SCAR w/L sd stretch, rec R w/slight L sd lead, comm slight RF trn sd & slightly fwd L, fwd R in BJO fcg DLC ;

### 14 – 16 Reverse Turn ½ ; Hover Corte ; Outside Swivel & Pickup [DLW] ;

SQQ 14 {**Reverse Turn ½**} Fwd L comm LF trn, -, sd & bk R fc RLOD, bk L (*W bk R comm LF trn pull L heel to R [heel turn], -, chg wgt to L, fwd R*) in CP fcg RLOD ;  
 SQQ 15 {**Hover Corte**} Bk R comm LF trn, -, sd & fwd L w/hover action cont LF trn, rec R w/R sd lead lead to BJO fcg DLW ;  
 SS 16 {**Outside Swivel & Pickup**} Bk L w/RF body rotation (*W fwd R swiveling RF*), -, fwd R (*W thru L trng LF picking up*), - to CP fcg DLW [Note: 2<sup>nd</sup> time pickup is to DLC] ;

## Part A (Repeat)

**1 – 8 Reverse Wave ; ; Back Feather ; Back Three Step ; Closed Impetus ; Feather Finish ; Reverse Turn ½ ; Back & Chasse BJO ;**

## Part D (8 measures)

**1 – 4 Check Forward Lady Develope ; Slow Outside Swivel ; Curved Feather & Check ; Impetus Semi ;**

S-- 1 {**Check Forward Lady Develope**} In BJO fcg DLW lower on L & chk fwd R w/L side stretch, -, -, - (*W chk bk L, -, bend R knee, kick R leg fwd*) ;

S-- 2 {**Slow Outside Swivel**} Bk L w/RF body rotation (*W fwd R swiveling RF*), -, -, - to SCP DLW ;

SQQ 3 {**Curved Feather & Check**} Fwd R comm RF trn, -, sd & fwd L cont RF trn, fwd R cont RF upper body trn checking in BJO fcg DRW ;

SQQ 4 {**Impetus Semi**} Bk L draw R to L trng RF on L heel, -, cl R to L cont trn rise to toe, fwd L (*W fwd R trng RF, -, sd & fwd L cont trn, fwd R*) to SCP fcg DLC ;

**5 – 8 Slow Side Lock ; Turn L & R Chasse ; Quick Weave Ending ; Change of Direction ;**

SQQ 5 {**Slow Side Lock**} Fwd R, -, sd & fwd L, trng body LF XRIB (*W fwd L, -, fwd & sd R trng LF, XLIF*) to CP fcg DLC ;

SQ&Q 6 {**Turn L & R Chasse**} Fwd L trng LF, -, bk & sd R/cl L, bk R cont trn to BJO fcg RLOD ;

QQQQ 7 {**Quick Weave Ending**} XLIB, trng LF bk R, trng LF sd & fwd L, fwd R BJO DLW (*W XRIF, fwd L to CP, trng LF sd & bk R, bk L BJO DLW*) ;

SS 8 {**Change of Direction**} Fwd L to CP, -, fwd R trng LF, draw L foot to R in CP fcg DLC ;

## Part C (Repeat)

**1 – 16 Diamond Turn ½ ; ; Quick Diamond 4 [DLC] ; Dip Back & Recover ; Telemark Semi ; Curved Feather & Check ; Outside Spin ; Back & Chasse BJO ; Natural Weave ; ; Three Step ; Natural Hover Cross ; ; Reverse Turn ½ ; Hover Corte ; Outside Swivel & Pickup [DLC] ;**

## Part C (Repeat)

**1 – 16 Diamond Turn ½ ; ; Quick Diamond 4 [DLC] ; Dip Back & Recover ; Telemark Semi ; Curved Feather & Check ; Outside Spin ; Back & Chasse BJO ; Natural Weave ; ; Three Step ; Natural Hover Cross ; ; Reverse Turn ½ ; Hover Corte ; Outside Swivel & Pickup [DLW] ;**

## Ending (8 measures)

**1 – 4 Reverse Wave ; ; Back Feather ; Back Three Step ;**

SQQ SQQ 1 – 2 {**Reverse Wave**} Fwd L comm ¾ LF trn, -, sd & slightly bk R fcg COH, bk L starting slight LF trn (*W bk R comm ¾ LF trn bring L foot to R [heel turn], -, chg wgt to L, fwd R starting slight LF trn*) ; Bk R cont slight LF trn curving to fc RLOD, -, bk L, bk R with upper body LF turn ;

SQQ 3 {**Back Feather**} Bk L, -, bk R with right sd lead, bk L BJO fcg RLOD ;

SQQ 4 {**Back Three Step**} Bk R to CP, -, bk L slight LF body trn, bk R fcg RLOD ;

**5 – 8 Impetus Semi ; Thru Chasse BJO ; Front Twisty Vine 4 ; Cross Check in BJO & Hold ;**

SQQ 5 {**Impetus Semi**} Bk L draw R to L trng RF on L heel, -, cl R to L cont trn rise to toe, fwd L (*W fwd R trng RF, -, sd & fwd L cont trn, fwd R*) to SCP fcg DLC ;

SQ&Q 6 {**Thru Chasse BJO**} Thru R, -, fwd L/cl R, fwd L to BJO fcg DLW ;

QQQQ 7 {**Front Twisty Vine 4**} Fwd R in BJO comm RF trn, sd L trng ¼ RF, bk R in SCAR comm LF trn, sd L trng ¼ LF to BJO fcg DLW ;

Q 8 {**Cross Check in BJO**} Thru R in BJO chng w/R sd stretch on last beat of music, -, -, - ;

## Head Cues

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### Intro

1 – 4 Wait [fcg DRW] ; ; Step Together & Touch ; Feather Finish [DLW] ;

### Part A

1 – 8 Reverse Wave ; ; Back Feather ; Back Three Step ; Closed Impetus ; Feather Finish ; Reverse Turn ½ ;  
Back Chasse BJO ;

### Part B

1 – 16 Cross Pivot SCAR ; Cross Hover, 2X ; ; Cross Hover Telemark ; In & Out Runs ; ; Promenade Weave ; ; Whisk ; Feather ;  
Reverse Turn ; ; Hover Telemark ; Thru Chasse BJO ; ½ Natural ; Hesitation Change ;

### Part C

1 – 16 Diamond Turn ½ ; ; Quick Diamond 4 [DLC] ; Dip Back & Recover ; Telemark Semi ; Curved Feather & Check ; Outside  
Spin ; Back & Chasse BJO ; Natural Weave ; ; Three Step ; Natural Hover Cross ; ; Reverse Turn ½ ; Hover Corte ;  
Outside Swivel & Pickup [DLW] ;

### Part A

1 – 8 Reverse Wave ; ; Back Feather ; Back Three Step ; Closed Impetus ; Feather Finish ; Reverse Turn ½ ;  
Back Chasse BJO ;

### Part D

1 – 8 Check Forward Lady Develope ; Slow Outside Swivel ; Curved Feather & Check ; Impetus Semi ; Slow Side Lock ;  
Turn L & R Chasse w/Quick Weave Ending ; ; Change of Direction ;

### Part C

1 – 16 Diamond Turn ½ ; ; Quick Diamond 4 [DLC] ; Dip Back & Recover ; Telemark Semi ; Curved Feather & Check ; Outside  
Spin ; Back & Chasse BJO ; Natural Weave ; ; Three Step ; Natural Hover Cross ; ; Reverse Turn ½ ; Hover Corte ;  
Outside Swivel & Pickup [DLC] ;

### Part C

1 – 16 Diamond Turn ½ ; ; Quick Diamond 4 [DLC] ; Dip Back & Recover ; Telemark Semi ; Curved Feather & Check ; Outside  
Spin ; Back & Chasse BJO ; Natural Weave ; ; Three Step ; Natural Hover Cross ; ; Reverse Turn ½ ; Hover Corte ;  
Outside Swivel & Pickup [DLW] ;

### Ending

1 – 8 Reverse Wave ; ; Back Feather ; Back Three Step ; Impetus Semi [LOD] ; Thru Chasse BJO ; Front Twisty Vine 4 ;  
Cross Check in BJO ;