On The Bass

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Claire Hall (AUS) - February 2026
Music: Unknown

No tags no restarts!

Section 1: STOMP, HOLD & SWIVEL, STOMP, HOLD & SWIVEL

1 – 2&3&4	Stomp RF fwd (1) & hold (2), swivel R heel out (&), swivel R heel in (3), swivel R heel out (&), swivel R heel in (4)
5 – 6&7&8	Stomp LF fwd (5) & hold (6), swivel L heel out (&), swivel L heel in (7), swivel L heel out (&), swivel L heel in (8)

Section 2: STEP CLAP, STEP CLAP x 2, STEP CLAP, STEP CLAP x 2

1 – 2	Step RF back on diagonal (1), touch LF next to RF with a clap (2)
3&4	Step LF back on diagonal (3), touch RF next to LF with a double clap (&4)
5 – 6	Step RF back on diagonal (5), touch LF next to RF with a clap (6)
7&8	Step LF back on diagonal (7), touch RF next to LF with a double clap (&8)

Section 3: VINE R, ¼ PADDLE TURN L WITH 3 x STOMPS & HOLD

1 – 4	Step RF to R (1)*, step LF behind RF (2), step RF to R (3), step LF to RF with a clap (4)
5 – 8	Turn 1/8 to L stomping RF (5), Turn 1/8 to L stomping RF (6), stomp RF foot facing 9:00 (7) and hold (8)*

***Styling option 1 – Stomp RF into vine on chorus.**
***Styling option 2 – Lasso or fist pump in the air on stomps.**

Section 4: HEEL & HEEL, ROCKING CHAIR OR 2 ½ PIVOTS

1 – 4	Touch R heel out (1), step RF to LF (2), Touch L heel out (3), step LF to RF (4)
5 – 6	Rock RF fwd (5), recover weight L (6)
7 – 8	Rock RF back (7), recover weight L (8)

Have fun with it and tag @clairegillys_crew on socials!

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