“ALL STAR”

ALBUM: “Astro Lounge” by Smash Mouth

CHOREO: Kelli McChesney

INTRO: Start with LEFT foot, immediately after "Some…"

PART A: (32 BEATS)

(1) "TURKEY BA/SL" --- HEEL FLAP STEP DS BA/SL
L L R L R R

(1) "TOE TOE" --- DBL(B) TOE(IB) TOE(O) STEP
L L L L
&1 & 2 & DS(B) TCH(IF) STEP
R L L
&3 & 4

(1) "DIXIE" --- DS DBL(UP) ROCK HEEL* RS
* -- (takes weight)
R L L R LR

(1) "DBL BASIC KICK" --- DS DBL-HOP STEP(IB) RS KICK
L R L R LR L
&1 & a 2 &

(1) REPEAT ABOVE (16) BEATS TO FACE FRONT

PART B: (32 BEATS)

(2) "HOP TOE-STEP" --- HOP* Toe-Step(IB) BA/SL (alternate feet)
L R R L L

(1) "SYNCOPEAT" --- STEP(IF) RS STEP(IF) HEEL/BA HEEL/BA CHUG
L RL R R L L
&1 & a2 & a3 & 4
DS BA/SL DBL(B) DRAG STEP (turn ½ left)
R L L R R
&5 & 6 & 7 & 8

(1) "GALLOP" --- DS ROCK HS ROCK HS STOMP STOMP (move forward)
L R LL R LL R L
&1 & a 2 & a 3 & 4

(1) REPEAT HOP TOE-STEP AND SYNCOPATE

(2) "CANADIAN" --- DS DBL-HOP TCH DBL-HEEL STEP STEP
(L turn ¼ left on each)
L R L R R L R
&1 e& a 2 & a 3 & 4

CHORUS: (32 BEATS)

(1) "ALL STAR" --- DS RS HOP* Toe-Step(IB) BA/SL
L RL R L L R R
&1 &2 & a 3 & 4
HOP* Toe-Step(IB) BA/SL BA/SL RS
L R R L L R R LR
& a 5 & 6 & 7 &8
“ALL STAR” (CONT’D)

CHORUS: (CONT’D)
(1) "ALL STAR" --- (turn 360º left)
(1) "MODIFIED MJ" --- DS DS(IB) RS(O) STEP(IB) RS RS
               L R LR L RL RL
               DBL-BNC BNC CHUG (move right)
               R BOTH L
(2) "ROCK HEEL" --- ROCK HEEL* FLAP STEP
               L R R L
(1) "FANCY DOUBLE" --- DS DS RS RS
               L R LR LR

PART C: (32 BEATS)
(1) "STAGGER" --- DBL-HEEL(O) TOE(IF) STEP(IF) RS
               L R R R LR
               &a 1 2 3 &4
(1) "CHAIN BA/SL" --- DS RS RS BA/SL (turn ¾ left)
               L RL RL R R
(3) REPEAT ABOVE (8) BEATS TO FACE ALL FOUR WALLS

CHORUS*: (28 BEATS)
(1) REPEAT CHORUS, OMIT FANCY DOUBLE

ENDING: (14 BEATS)
(1) "MODIFIED MJ"
(2) "ROCK HEEL"
(1) "TOE SPIN" --- TOE(IB) SPIN (360º LEFT)
               L BOTH


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