

"ALL STAR"

ALBUM: "Astro Lounge" by Smash Mouth

Easy Advanced
Pop music

CHOREO: Kelli McChesney

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

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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
(turn ½ left)
L R L R LR L
&1 & a 2 &3 4
- (1) **REPEAT ABOVE (16) BEATS TO FACE FRONT**

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PART B: (32 BEATS)

- (2) **"HOP TOE-STEP"**--- HOP* Toe-Step(IB) BA/SL (alternate feet)
L R R L L
- (1) **"SYNCOPATE"** --- STEP(IF) RS STEP(IF) HEEL/BA HEEL/BA CHUG
L RL R R L L R L
- (1) **"GALLOP"** --- DS ROCK HS ROCK HS STOMP STOMP (move forward)
L R LL R LL R L
&1 & a2 & a3 & 4
- DS BA/SL DBL(B) DRAG STEP (turn ½ left)
R L L R L R
&5 & 6 &7 & 8
- (1) **REPEAT HOP TOE-STEP AND SYNCOPATE**
- (2) **"CANADIAN"** --- DS DBL-HOP TCH DBL-HEEL STEP STEP
(turn ¼ left on each)
L R L R R L L R
&1 e& a 2 &a 3 & 4

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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
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"ALL STAR" (CONT'D)

CHORUS: (CONT'D)

- (1) **"ALL STAR"** --- (turn 360° 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 (360° LEFT)
L BOTH

SEQUENCE: A, B, CHORUS, A, CHORUS, C, CHORUS*, A, B, CHORUS, ENDING.



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