“ALL STAR”

ALBUM: “Astro Lounge” by Smash Mouth
CHOREO: Kelli McChesney
INTRO: Start with LEFT foot, immediately after "Some…”

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

PART A: (32 BEATS)
(2) “ROCKING CHAIRS” --- DS BR(UP) DS RS (turn ¼ left on each)
   L R R LR
(2) “PUSH OFFS” --- DS RS RS RS
   L R LR LR LR
(1) REPEAT ABOVE (16) BEATS TO FACE FRONT

PART B: (32 BEATS)
(2) “BASICS” --- DS RS DS RS (turn ¼ left)
   L RL R LR
(1) “FANCY DOUBLE” --- DS DS RS RS
   L R LR LR
(3) REPEAT ABOVE (8) BEATS TO MAKE A BOX

CHORUS: (32 BEATS)
(4) “COWBOYS” --- DS DS DS BR(UP-turn ¼ left) DS RS RS RS
   L R L R R LR LR LR

CHORUS*: (28 BEATS)
(3) “COWBOYS” --- (turn ¼ left on each)
(2) “BASICS” --- (turn ¼ left)

PART C: (32 BEATS)
(2) “OUTHOUSE TOUCHES” --- DS TCH(O) TCH(IF) TCH(O)
   L R R R
(2) “CHARLESTONS” --- DS TCH(IF) Toe-Heel RS
   L R R LR
(1) REPEAT ABOVE (16) BEATS

ENDING: (14 BEATS)
(1) “COWBOY” --- (no turn)
(2) “BASICS”
(1) Toe(IF) Spin(360° right)
   L BOTH
   1 2

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