

All Star

32 Count, 2 Wall, Beginner

Choreographer: Jonathan Williamson (UK) April 2010

Choreographed to: All Star by Smash Mouth
(128bpm)

Start dance: The vocals start immediately so begin the dance at the end of the first verse after the word "Well"

RIGHT SIDE TOGETHER. RIGHT CHASSE, JAZZ BOX ¼ TURN WITH A TOUCH

- 1-2 Step right foot to right side, step left foot next to right
- 3&4 Step right foot to right side, step left foot next to right, step right foot to right side
- 5-6 Step left foot across right, step back on right foot
- 7-8 Step back on left foot making ¼ turn over left shoulder, touch right foot next to left. (9 o'clock)

RIGHT ROCK AND CROSS, LEFT ROCK AND CROSS, STEP BACK RIGHT, LEFT ¼ TURN FORWARD RIGHT SHUFFLE

- 1&2 Rock right to right side, recover weight onto left, cross right over left.
- 3&4 Rock left to left side, recover weight back onto right, cross left over right.
- 5-6 Step back on right foot, step left to left side making ¼ turn right (6 o'clock)
- 7&8 Step forward on right foot, step left next to right, step forward on right foot.

LEFT CROSS, SIDE, BEHIND SIDE CROSS, RIGHT ROCK, RECOVER, RIGHT CROSS SHUFFLE

- 1-2 Cross left foot over right, step right to right side.
- 3&4 Step left foot behind right, step right to right side, cross left foot over right.
- 5-6 Rock right to right side, recover weight back onto left foot.
- 7&8 Cross right foot over left, step left to left side, cross right foot over left

LEFT SIDE TOGETHER FORWARD, RIGHT MAMBO STEP, WALK BACK LEFT, RIGHT, LEFT COASTER STEP

- 1&2 Step left to left side, step right next to left, step left foot forward.
- 3&4 Rock forward on right foot, recover weight back on left, step back on right foot.
- 5-6 Walk back left, right.
- 7&8 Step back on left foot, step right next to left, step forward on left foot.

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