

# All Star

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Jonathan Williamson (UK) - April 2010  
音乐: All Star - Smash Mouth



No tags no restarts – but you will sing along!!!

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 left(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.

Repeat

If you have any queries email me at: [willand@talktalk.net](mailto:willand@talktalk.net)

Last Update - 22nd Aug 2015

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