

# All Star

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Carrie Bauer (USA) - June 2016  
音樂: All Star - Smash Mouth : (Original Movie Soundtrack Shrek)



Intro: There is none. The first word is "somebody" and you go on "body."

## [1-8] WALK FORWARD RIGHT, LEFT, STEP-LOCK-STEP RIGHT, SCISSOR STEP LEFT, SCISSOR STEP RIGHT

1-2            Walk forward R, L  
3&4           Step-lock-step □ (R-L-R)  
5&6           Rock L side, recover R, cross L over R  
7&8           Rock R side, recover L, cross R over L

## [9-16] STEP BACK LEFT, STEP ¼ TURN RIGHT, CROSS-AND-CROSS LEFT OVER RIGHT, WALKABOUT" RIGHT-LEFT-RIGHT-LEFT ¾ TURN RIGHT

1-2            Step back L (1), Step R ¼ turn right (3:00)  
3&4            Cross L over R (3), ball step R (&), cross L over R (4)  
5-6            Step R ¼ turn right (6:00), step L ¼ turn right (9:00)  
7-8            Step R ¼ turn right (12:00), step L forward

## [17-24] □ MAMBO RIGHT FORWARD, MAMBO LEFT FORWARD, SUGAR FOOT STEPS BACK RIGHT-LEFT, COASTER STEP RIGHT WITH STEP FORWARD

1&2            Rock R forward (1), recover L (&), step R next to L (2)  
3&4            Rock L forward (3), recover R (&), step L next to R (4)  
5-6            Step back R turning L toes out (5), step back L turning R toes out (6)  
7&8            Step R back (7), step L next to R (&), step R forward (8) (12:00)

## [25-32] PIVOT ½ TURN RIGHT, SHUFFLE FORWARD LEFT-RIGHT-LEFT, JAZZBOX ¼ TURN TO THE RIGHT WITH FINAL STEP FORWARD

1-2            Step L forward (1), pivot ½ over right shoulder (2), finish with weight on R (6:00)  
3&4            Shuffle forward L (3), R (&), L (4)  
5-8            Cross R over L (5), step L back (6), step R ¼ turn right (7), step L forward (8) (9:00)

**RESTART WITH STEP CHANGE:** On wall 7 (begin at 6:00), dance 24 counts (finish at 6:00). Then, instead of the pivot and shuffle, just do a jazzbox (left over right - no turn) and restart after count 28 (at 6:00). When you do the jazzbox (above), make sure you finish with weight on the left. You can do a touch, a kick, a hitch, whatever you want!

**ENDING:** Music ends on wall 11, count 12 of wall 11. You will already be facing the front wall. Strike a fun pose!

(updated February 7, 2017)

Please do not alter this step sheet. Questions or concerns may be directed to me at [linedancelawyer@yahoo.com](mailto:linedancelawyer@yahoo.com). Thank you! Carrie Bauer