

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. Thank you! Carrie Bauer