

All Star

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Jonathan Williamson (UK) - April 2010
音樂: 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

Last Update - 22nd Aug 2015
