

# “ALL STAR”

**ALBUM:** “Astro Lounge” by Smash Mouth

**CHOREO:** Kelli McChesney

**INTRO:** Start with LEFT foot, immediately after "Some..."

**Easy Line  
Pop music**

=====

**SEQUENCE:** A, B, Chorus, A, Chorus, C, Chorus\*, A, B, Chorus, ENDING.

=====

=====

**PART A: (32 BEATS)**

- (2) **“ROCKING CHAIRS”** --- DS BR(UP) DS RS (turn ¼ left on each)  
L R R LR
- (2) **“PUSH OFFS”** --- DS RS RS RS  
L RL RL RL
- (1) **REPEAT ABOVE (16) BEATS TO FACE FRONT**
- =====

=====

**PART B: (32 BEATS)**

- (2) **“BASICS”** --- DS RS DS RS (turn ¼ left)  
L RL R LR
- (1) **“FANCY DOUBLE”** --- DS DS RS RS  
L R LR LR
- (3) **REPEAT ABOVE (8) BEATS TO MAKE A BOX**
- =====

=====

**CHORUS: (32 BEATS)**

- (4) **“COWBOYS”** --- DS DS DS BR(UP-turn ¼ left) DS RS RS RS  
L R L R R LR LR LR
- =====

=====

**CHORUS\*: (28 BEATS)**

- (3) **“COWBOYS”** --- (turn ¼ left on each)
- (2) **“BASICS”** --- (turn ¼ left)
- =====

=====

**PART C: (32 BEATS)**

- (2) **“OUTHOUSE TOUCHES”** --- DS TCH(O) TCH(IF) TCH(O)  
L R R R
- (2) **“CHARLESTONS”** --- DS TCH(IF) Toe-Heel RS  
L R R R LR
- (1) **REPEAT ABOVE (16) BEATS**
- =====

=====

**ENDING: (14 BEATS)**

- (1) **“COWBOY”** --- (no turn)
- (2) **“BASICS”**
- (1) Toe(IF) Spin(360° right)  
L BOTH  
1 2
- =====



Kelli McChesney  
danceaddict@windstream.net  
<http://www.afn.org/~kelli/>