

All Star

Advanced Line

Music: by Smashmouth, on the album *Astro Lounge* (also on the *Shrek soundtrack*)

Choreo: Josh "ClogDog" King, www.theclogdog.com

Intro: Wait 32 Beats. Start Left Foot. (a CLOGDOG Routine!)

SEQUENCE: A - B - A - B - Bridge - B* - Yup - A - B - Ending

PART A

DS R(os)S	R(xif)S	Hop	Bounce	-	Hop	Bo/Heel	Chug		"Wicki Walk"
L R	L R	L L	LxifR		Apart	R L	L		
&1 &	2 &	3 &	4		5	&	6		

DS/Kick(xib)	Kick(ib/os)	Chug
L R	R	R
&a7	&	8

S RS	DS RS(Back)	DS DS DS	RS(1/2R)		"2 Basics"
R LR	L RL	R L R	LR		"Triple"

Repeat all of PART A...Same Footwork to face front.

PART B

DS S(xif)	HB R(b)	HB	Skuff-Hop	S(xif)	S S(xib)-Drag	Heel(1/4R)		"All Star"
L R	LL R	LL R	L R	L R	L R	L		
&1 &	a2 &	a3 a	& 4	&	5			

S S	S-Dbl-S-Tch	Clap
L R L	R R L	
6 & 7	a& a	8 &

S RS	DS RS(3/4R)	Dbl-Dbl	Bounce	SL S S S S		"Basics"
L RL	R LR	R R	LxifR	R L R L R		"Double Bounce Jog"
1 &2	&3 &4	&a 5a	&	6 & 7 & 8		

DS R(xif)S	RS S(ib)/SL	R-S(if)	Pvt 360L	S-S-S	S(ib)/Sl	"Mtn. Goat Spin"
L R	L RL R	R L R		L R L R	R	

DS RS	DS RS(Back)	Groove yo' body	4 counts		"2 Basics"
L RL	R LR				"Groove"

REPEAT ALL OF PART B. SAME FOOTWORK TO FACE FRONT.

BRIDGE

S S S	(Shoulders Up - Down)	Look R - Look Front - Circle hand around
L R L		
1 2 3	&	4 & 5 & 6

B/Heel(os)	Bounce	Heel(os)/B	Bounce	Tch(os)	S(tog)	Tch(os)	S(tog)
L R	Both	L R	Both	L	L	R	R
&	7	&	8	1	2	3	4

S(os)	scoop down	S(tog)	S(if)	(Pvt 1/2 R)	S
L		R	L		R
5	&	6	7	&	8

REPEAT ALL OF BRIDGE. SAME FOOTWORK TO FACE FRONT.

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PART B*

Same as PART B, but leave off the "4 count Groove"

YUP

DS/Dbl(b)/Hop-Sk-Hop S(os) S(ib) S Sk-Hop "Skuff Run"
L R L R L R L R L R
&1 a & a 2 & 3 & a 4

S Sk-Hop - S Sk-Hop - S Sk-Hop - S Sk-Hop (Fwd)
& a 5 & a 6 & a 7 & a 8

Dbl-Bo Bo-Chug Dbl-Bo Bo-Chug DS DS DS RS (360L) "Hey You"
L B B R R B B L L R L RL "Triple"
&a 1 & 2 &a 3 & 4 &5 &6 &7 &8

DS/Kick(os) S RS - S RS DS DS RS "Yup!"
R L L RL R LR L R LR
&1 (&) 2 &3 4 &5 &6 &7 &8

DS DT(xif) DT(x) S S S S (360R) Br-Up DS RS "Ghostbuster Turn"
L R R R L R L R R R LR
&1 &2 &3 & 4 & 5 & 6 &7 &8

Ending

Do: "Mountain Goat Spin"
"2 Basics"
"4 Ct. Groove"

Hey Now...You're an All Star!!!