

# ALL STAR

**Level:** Basic +3                      **Genre:** Pop  
**Artist:** Smashmouth. Shrek Movie Soundtrack; Dreamworks 450305-2  
**Choreo:** Marilyn Lambden, Manning Cloggers, Taree  
**Speed:** Normal                      **Length:** 3.19  
**Sequence:** Intro A Chorus B Chorus Break Chorus\* B A Chorus Ending  
**Wait:** 8 beats; Left foot lead

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## Quick Cues

### Intro: (24 beats)

8 4 Basic  
8 2 Charleston  
8 Cowboy

### Part A (32 beats)

16 2 Lucy Brushover Vine  
4 Travelling Pivot (1/2 R)  
8 2 Triple  
4 Travelling Pivot (1/2 R)

### Chorus (32 beats)

8 2 Windster  
8 2 Rocking Chair (1/4 L ea)  
8 2 Stomp Double  
8 2 Rocking Chair (1/4 L ea)

### Part B (32 beats)

16 2 Clogover Vine (L & R)  
4 Fancy Double  
4 Karate (1/2 L)  
4 Fancy Double  
4 Karate (1/2 L)

### Chorus (32 beats)

8 2 Windster  
8 2 Rocking Chair (1/4 L ea)  
8 2 Stomp Double  
8 2 Rocking Chair (1/4 L ea)

### Break (32 beats)

8 Samantha (1/2 R)  
8 Cowboy  
8 Samantha (1/2 R)  
8 Cowboy

## Quick Cues

### Chorus \* (28 beats)

8 2 Windster  
16 4 Rocking Chair (1/4 L ea)  
4 2 Basic

### Part B (32 beats)

16 2 Clogover Vine (L & R)  
4 Fancy Double  
4 Karate (1/2 L)  
4 Fancy Double  
4 Karate (1/2 L)

### Part A (32 beats)

16 2 Lucy Brushover Vine  
4 Travelling Pivot (1/2 R)  
8 2 Triple  
4 Travelling Pivot (1/2 R)

### Chorus (32 beats)

8 2 Windster  
8 2 Rocking Chair (1/4 L ea)  
8 2 Stomp Double  
8 2 Rocking Chair (1/4 L ea)

### Ending (16 beats)

8 2 Stomp Double (1/2 L ea)  
4 Rocking Chair  
4 Double Basic & Clap



Amended to ACA  
Recommended  
Format  
7 Jan 2021

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## Step Definitions - All Star

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### BASIC:

DS RS  
L RL  
&1 &2

### CHARLESTON:

DS TCH(F) H T-H(BK) RS  
L R L R R LR  
&1 & 2 & 3 &4

### COWBOY:

[DS DS DS BR(XIF) H] (FWD) [DS(XIF) R(BK) S(XIF) R(BK) S(XIF) R(BK) S(XIF)] (BK)  
L R L R L R L R L R L R  
&1 &2 &3 & 4 &5 & 6 & 7 & 8

### LUCY BRUSHOVER VINE:

DS(OTS) BR(XIF) H T-H(XIF) TT(BK) SL DS(OTS) DS(XIB) DS(OTS) RS  
L R L R R L R L R L RL  
&1 & 2 & 3 & 4 &5 &6 &7 &8

### TRAVELLING PIVOT:

DS(OTS) DS(XIF) DS(OTS) PVT(R)/LOOP-S(BK)  
L R L L / R R  
&1 &2 &3 & 4

### TRIPLE:

DS DS DS RS  
L R L RL  
&1 &2 &3 &4

### WINDSTER:

DS BR(XIF) H BR(X) H RS (BR CAN BE DT)  
L R L R L RL  
&1 & 2 & 3 &4

### ROCKING CHAIR:

DS BR H DS RS  
L R L R LR  
&1 & 2 &3 &4

### STOMP DOUBLE:

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)  
L R L RL  
& 1 &2 &3 &4

### CLOGOVER VINE:

DS(OTS) DS(XIF) DS(OTS) DS(XIB) DS(OTS) DS(XIF) DS RS  
L R L R L R L RL  
&1 &2 &3 &4 &5 &6 &7 &8

### FANCY DOUBLE:

DS DS RS RS  
L R LR LR  
&1 &2 &3 &4

### KARATE:

DS-PVT(1/2 L)/K H (P) S K H  
L L /R L R L R  
&1 & 2 & 3 &4

### SAMANTHA:

DS DS(XIF) DR S(BK) DR S(BK) RS DS DS RS  
L R R L L R LR L R LR  
&1 &2 & 3 & 4 &5 &6 &7 &8

### DOUBLE BASIC & CLAP:

DS DS [R S] (JMP BK) (P) CLAP  
L R L R  
&1 &2 & 3 & 4