

NASCDD - The All Star Way 8-Counts

8-Count #	1	2	3	4	5	6	7	8	NASCDD — the All Star way!
1									National All Star Cheer and Dance Day!
2		Clap		Clap		Clap		Clean	Let's go! Let's groove! Let's move!
3		Step L	Bounce	Bounce		Step R	Roll		Step to the left — bounce it two times. Step to the right — now roll that spine.
4	Step Back/Flick	Step Back/Flick	Swipe	Hands Down	Double Lunge	Look	Low V	Jump Together/Cheerio	Take it back — hands to the floor. Pop it up — now give me four!
5	Clap L	Clap R	Clap High	Clap High	Swipe	Hips	Swing R Arm Up	Swing L Arm Up	[Clap SFX 4x] — Swing your arms — front and back.
6	Step/Hands on Hips	Tap/ Couture	Bevel/Reach	Swith Bevel/Pull	R Snap Across High	R Snap Open High	R Snap Across Low	L Snap Up/Jump Together	Step, tap — now hit that snap. — [Snap SFX 4x]
7	Cross Arms Swagger Step L		Cross Arms Swagger Step R		Slide L/Half T Arms	Hop/U arms	Slide R/Half T Arms	Hop/U arms	All Stars move — move! All Stars groove — groove!
8	Step L / Hit T	Turn L to Back/Cheerio	Hips	Slide R	Tap L Foot/Turn to Front		Unwind R to Front	Tap Foot & Point Overhead	All Stars slide — slide! Now freeze... that's right!
9	Step Forward	Feet Together	Jump Criss Cross/U	Jump Apart/U Arms	Drop to Low V Double Lunge/ Pop Chest L		Drop to Low V Double Lunge/ Pop Chest R		Step it out — criss-cross feet. Pop your chest — to the beat.
10	Waive R Arm/Lean L	Waive R Arm/Lean R	Snake Down Left in Double Lunge		Bounce/Bucket Pull	Bounce/Bucket Pull	Bounce/Bucket Pull	Hop together Crossed Arms	Wave it high — wave it low. Bounce three times — now strike that pose!
11	Cross Arms Swagger Step L		Cross Arms Swagger Step R		Slide L/Half T Arms	Hop/U arms	Slide R/Half T Arms	Hop/U arms	All Stars move — move! All Stars groove — groove!
12	Step L / Hit T	Turn L to Back/Cheerio	Hips	Slide R	Tap L Foot/Turn to Front		Unwind R to Front	Tap Foot & Point Overhead	All Stars slide — slide! Now freeze... that's right!
13	Hard Hit/Arms Pull Back Waist		Hard Hit/Arms Pull Across Chest		Point High Body Roll Down		Fist Pump Pointed Finger 2x		Big team energy, big team smile — You did that — All Star style
14	Hop	Clap	Hop	Clap	Hop	Clap	Hop	Clap	Dance it out — it's our day. NAS — CDD
15	Step Front R & Pivot to Face Back		Step R Pivot Sharp to Front		Ending Pose				The All Star way! — BOOM