

TRASHED !!!

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Count: 48 **Wall:** 4 **Level:** Intermediate level

Choreographer: Chris Hodgson (UK) Aug 2005

Music: Thrown Out Of Love by Jason McCoy (112bpm) (cd ? Sins, Lies and Angels)

16 count intro ? Start on Vocals

1-8 SIDE & SIDE & ROCK STEP / COASTER STEP / STEP-1/2 TURN

- 1& Point Right toe to Right side, Step Right next to Left
- 2& Point Left toe to Left side, Step Left next to Right
- 3-4 Step Forward on Right, Rock weight back onto Left
- 5&6 Step back on Right, Step Left next to Right, Step forward on Right
- 7-8 Step forward on Left, Pivot 1/2 turn Right

9-16 SHUFFLE FWD / FULL TURN FWD / ROCK STEP / COASTER STEP

- 1&2 Step forward on Left, Step Right next to Left, Step forward on Left
- 3-4 1/2 turn Left stepping back on Right, 1/2 turn Left stepping forward on Left (Alt- walk fwd on Right, walk fwd on Left)**
- 5-6 Step forward on Right, Rock weight back onto Left
- 7&8 Step back on Right, Step Left next to Right, Step forward on Right

17-24 CROSS ROCK / CHASSE / CROSS ROCK / CHASSE 1/4 TURN

- 1-2 Cross Left over Right, Rock weight back onto Right
- 3&4 Step Left to Left side, Step Right next to Left, Step Left to Left side
- 5-6 Cross Right over Left, Rock weight back onto Left
- 7&8 Step Right to Right side, Step Left next to Right, Step Right 1/4 turn Right

25-32 STEP-1/4 TURN / CROSS SHUFFLE / 1/2 HINGE TURN / CROSS & 1/4 TURN

- 1-2 Step forward on Left, Pivot 1/4 turn Right
- 3&4 Cross Left over Right, Step Right to Right side, Cross Left over Right
- 5-6 1/4 turn Left stepping back on Right, 1/4 turn Left stepping Left to Left side**
- 7&8 Cross Right over Left, Rock weight onto Left, Step Right 1/4 turn Right

33-40 STEP-TOUCH / & HEEL & TOUCH / MODIFIED MONTERAY TURN

- 1-2** Step forward on Left, Touch Right toe behind Left heel
- &3** Step back on Right, Touch Left heel forward
- &4** Step Left next to Right, Touch Right toe next to Left
- 5-6** Point Right toe to Right side, 1/2 turn Right stepping Right next to Left
- 7&8** Step Left to Left side, Rock weight onto Right, Step Left next to Right

41-48 STEP-TOUCH / & HEEL & TOUCH / STEP-1/2 TURN / SHUFFLE FWD

- 1-2** Step forward on Right, Touch Left toe behind Right heel
- &3** Step back on Left, Touch Right heel forward
- &4** Step Right next to Left, Touch Left toe next to Right
- 5-6** Step forward on Left, Pivot 1/2 turn Right
- 7&8** Step forward on Left, Step Right next to Left, Step forward on Left

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