

# Trashy Women

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**Count:** 32      **Wall:** 1      **Level:** Absolute Beginner

**Choreographer:** Dee Palmer (USA) - January 2023

**Music:** - Confederate Railroad

## #16 Count Intro

### ( 1-8) VINE RIGHT AND LEFT

**1-4**      Step R to right side, step L behind right, step R to side, touch L beside right

**5-8**      Step L to left side, step R behind left, step L to side, touch R beside left

### (9-16) VINE RIGHT AND LEFT

**1-4**      Step R to right side, step L behind right, step R to side, touch L beside right

**5-8**      Step L to left side, step R behind left, step L to side, touch R beside left

### (17-24) 4 TOE/HEEL STRUTS - ALTERNATING FEET

**1-4**      Touch right toe forward, drop heel, touch left toe forward, drop heel

**5-8**      Touch right toe forward, drop heel, touch left toe forward, drop heel

### (25-32) RIGHT AND LEFT DOUBLE HIP BUMPS, R-L-R-L SINGLE HIP BUMPS

**1-4**      Step right foot slightly forward and bump hips, two times right and two times left

**5-8**      Bumps hips, one time - R - L - R - L

## REPEAT

**Fun, easy steps with no turning, for those just learning to dance!**