

TRASHED

Count: 32

Wall: 4

Level: Beginner

Music: Let's Get Trashed by Mica Roberts & Toby Keith

TRIPLE STEP DIAGONALLY FORWARD, HOLD OR SCUFF, ROCKING CHAIR

- 1-2 Step forward with right foot (diagonally to right) - left beside right
- 3-4 Step forward with right foot (diagonally to right) - hold (or scuff left beside right)
- 5-6 Rock forward with left foot - recover to right
- 7-8 Rock back with left foot - recover to right

TRIPLE STEP DIAGONALLY FORWARD, HOLD OR SCUFF, ROCKING CHAIR

- 1-2 Step forward with left foot (diagonally to left) - light beside left
- 3-4 Step forward with left foot (diagonally to left) - hold (or scuff right beside left)
- 5-6 Rock forward with right foot - recover to left
- 7-8 Rock back with right foot - recover to left

STEP FORWARD, TOUCH, STEP BACK, TOUCH, BASIC TO RIGHT

- 1-2 Step forward with right foot - touch left beside right and clap hands
- 3-4 Step back with left foot - touch right beside left and clap hands
- 5-6 Step right to right side - left beside right
- 7-8 Step right to right side - left beside right (touch)

SLOW MAMBO STEP - JAZZ BOX WITH ¼ TURN RIGHT

- 1-2 Rock forward with left foot - recover to right foot
- 3-4 Step left foot beside right - hold & clap
- 5-6 Cross right foot over left - small step left foot to left and back
- 7-8 Turn ¼ right and step right foot to right side - step left forward

REPEAT