Trashy Women



编舞者: Sonja Hemmes (USA) - December 2020 音乐: Trashy Women - Confederate Railroad



Start on lyrics

WEAVE ROCK & CROSS

1-4 Step right to right side, step left behind right, step right to right side, step left in front of right

5-8 Rock right to right side, step on left, step right in front of left, hold

WEAVE ROCK & CROSS

1-4 Step left to left side, step right behind left, step left to left side, step right in front of left

5-8 Rock left to left side, step on right, step left in front of right, hold

ROCKING CHAIR, LOCK FORWARD

1-4 Step right forward, step on left, step right back, step on left

5-8 Step right forward, step left forward behind right, step right forward, hold

ROCKING CHAIR, LOCK FORWARD

1-4 Step left forward, step on right, step left back, step on right

5-8 Step left forward, step right forward behind left, step left forward, hold

STEP TAP, STEP TOUCH, STEP KICK, STEP KICK

Step right forward, tap left next to right, step on left, touch right next to left
 Step right to right side, kick left forward, step on left, kick right forward

ROCK BACK, ROCK SIDE, JAZZ BOX TURNING 1/4 RIGHT

1-4 Rock right back, step on left, rock right to right side, step on left

5-8 Step right forward, step left back, step right forward turn ¼ right, step on left

TOE HEEL STOMP, OUT, IN, OUT, IN

1-4 Touch right toe then right heel next to left, step on right, hold

5-8 Touch left to left side, touch left in, touch left to left side, step on left

MONTEREY 1/4 RIGHT. STEP FORWARD, HEEL SPLITS

1-2 Touch right to right side, turn ¼ right stepping right next to left

Touch left to left side, step on left next to right
5-8 Step forward right, left, split both heels out, in

Restart: In the 5th rotation facing the 12:00 wall, after 32 counts, restart the dance