

# Washed Up

Count: 32

Wall: 4

Level: Improver

Choreographer: Helen Owen (UK) & Mel Llewellyn (UK) - August 2024

Music: Austin - Dasha



## STARTS ON LYRICS

### S1 [1-8] R FOOT SIDE ROCK, R CROSS SHUFFLE, L FOOT SIDE ROCK, L CROSS SHUFFLE

- 1-2 Right foot rock to right side (1) recover onto left foot (2)  
3&4 cross right foot over left foot (3) step left to left side (&) cross right foot over left foot (4)  
5-6 left foot rock to left side (5) recover onto right foot (6)  
7&8 cross left foot over right foot (7) step right to right side (&) cross left foot over right foot (8)

### S2 [9-16] R SIDE, L BEHIND, R SIDE, L CROSS, R SIDE, ROCK BACK L, RECOVER R, L KICK BALL CHANGE

- 1-2 step right foot to right side (1) step left foot behind right (2)  
&3-4 step right foot to right side (&) cross left foot over right foot (3) step right foot to right side (4)  
5-6 rock back onto left (5) recover onto right (6)  
7&8 kick left leg (7) step left foot down (&) step right foot next to left (8)

### S3 [17-24] L ROCK FORWARD, RECOVER ONTO R, ½ TURN L SHUFFLE, ROCK FORWARD R, RECOVER ONTO LEFT, ¼ TURN R SHUFFLE

- 1-2 step left foot forward (1) recover onto right foot (2)  
3&4 make ½ a turn left with left foot (6 o'clock) (3) step right foot up to left foot (&) step left foot forward (4)  
5-6 step right foot forward (5) recover onto left foot (6)  
7&8 step right foot ¼ right (9 o'clock) (7) step left foot next to right foot (&) step right foot to right side (8)

### S4 [25-32] L CROSS, R SIDE, SAILOR L HEEL, BALL CHANGE, R CROSS, L SIDE, R ROCK BACK, RECOVER

- 1-2 cross left foot over right (1) step right foot to right side (2)  
3&4& step left foot behind right (3) step right foot to right side (&) left heel to left side (4) step left foot down next to right foot (&)  
5-6 cross right foot over left foot (5) step left foot to left side (6)  
7-8 rock right foot back (7) recover onto left foot (8)

\*\*\*on last wall, last 2 step counts\ (31-32) step right foot back turning ¼ right to face 12 o'clock (31) step left foot next to right (32) END

A great floor split with 'Washed Up in Austin' by Maddison Glover  
Enjoy!

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