

# Trashed

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Chris Hodgson (UK)

Music: Thrown Out Of Love - Jason McCoy



## SIDE & SIDE & ROCK STEP, COASTER STEP, STEP-½ 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 ½ turn right

## SHUFFLE FORWARD, FULL TURN FORWARD, ROCK STEP, COASTER STEP

- 1&2 Step forward on left, step right next to left, step forward on left
- 3-4 ½ turn left stepping back on right, ½ turn left stepping forward on left (alt: walk forward on right, walk forward 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

## CROSS ROCK, CHASSE, CROSS ROCK, CHASSE ¼ 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 ¼ turn right

## STEP-¼ TURN, CROSS SHUFFLE, ½ HINGE TURN, CROSS & ¼ TURN

- 1-2 Step forward on left, pivot ¼ turn right
- 3&4 Cross left over right, step right to right side, cross left over right
- 5-6 ¼ turn left stepping back on right, ¼ turn left stepping left to left side
- 7&8 Cross right over left, rock weight onto left, step right ¼ turn right

## STEP-TOUCH, & HEEL & TOUCH, MODIFIED MONTEREY 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, ½ turn right stepping right next to left
- 7&8 Step left to left side, rock weight onto right, step left next to right

## STEP-TOUCH, & HEEL & TOUCH, STEP-½ TURN, SHUFFLE FORWARD

- 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 ½ turn right
- 7&8 Step forward on left, step right next to left, step forward on left

REPEAT