

# Trashed!!!

**COPPERKNOB**  
STEPSHETS

**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Chris Hodgson (UK) - August 2005

**Music:** Thrown Out Of Love - Jason McCoy : (CD: Sins, Lies and Angels)



**1-8 SIDE &  
SIDE & ROCK  
STEP /  
COASTER  
STEP /  
STEP-1/2  
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 1/2 turn  
Right

**9-16 SHUFFLE  
FWD / FULL  
TURN FWD /  
ROCK STEP /  
COASTER  
STEP**

1&2 Step  
forward on Left,  
Step Right next  
to Left, Step  
forward on Left

3-4 1/2 turn Left  
stepping back  
on Right, 1/2  
turn Left  
stepping  
forward on Left  
(Alt- walk fwd  
on Right, walk  
fwd 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

**17-24 CROSS  
ROCK /  
CHASSE /  
CROSS ROCK /  
CHASSE 1/4  
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 1/4 turn  
Right

**25-32 STEP-1/4  
TURN / CROSS  
SHUFFLE / 1/2  
HINGE TURN /  
CROSS & 1/4  
TURN**

1-2 Step  
forward on Left,  
Pivot 1/4 turn  
Right

3&4 Cross Left  
over Right, Step  
Right to Right  
side, Cross Left  
over Right  
5-6 1/4 turn Left  
stepping back  
on Right, 1/4  
turn Left  
stepping Left to  
Left side  
7&8 Cross Right  
over Left, Rock  
weight onto  
Left, Step Right  
1/4 turn Right

**33-40 STEP-  
TOUCH / &  
HEEL &  
TOUCH /  
MODIFIED  
MONTERAY  
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, 1/2 turn  
Right stepping  
Right next to  
Left  
7&8 Step Left to  
Left side, Rock  
weight onto  
Right, Step Left  
next to Right

**41-48 STEP-  
TOUCH / &  
HEEL &  
TOUCH /  
STEP-1/2  
TURN /  
SHUFFLE  
FWD**

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 1/2 turn  
Right  
7&8 Step  
forward on Left,  
Step Right next  
to Left, Step  
forward on Left

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