

No Trash!

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Heather Gargiulo (NZ)
音樂: No Trash In My Trailer - Gene Watson



BACK CHANGE HOLD, SHUFFLE, STEP HOLD, SHUFFLE

&1-2 Step back right, step forward onto left in place, hold
3&4 Shuffle forward right left right
5-6 Step left forward, hold
7&8 Shuffle forward right left right

SIDE ROCK, BACK ROCK ¼, STEP BACK, ½ FORWARD, SIDE SHUFFLE

1-2 Rock/step left to left side, recover onto right in place
3-4 Rock/step back left, recover onto right in place turning ¼ right
5-6 Step left back, ½ turn right then step right forward
7&8 Side shuffle left stepping left together left

CROSS HOLD, SIDE SHUFFLE, CROSS HOLD, SIDE SHUFFLE

1-2 Step right across left, hold
3&4 Side shuffle left stepping left together left
5-6 Step right across left, hold
7&8 Side shuffle left stepping left together left

CROSS ROCK ¼, SHUFFLE FORWARD, WALK, WALK, SHUFFLE

1-2 Step right across left, recover onto left in place turning ¼ right
3&4 Shuffle forward right left right
5-6 Walk forward left right
7&8 * Shuffle forward left right left

OUT OUT FLICK, ¼ FORWARD, ½ BACK, BACK SHUFFLE, STEP BACK HOLD

&1 Step right forward out to right side, then left out to left side (shoulder width apart)
2 Flick right up behind left calf
3-4 Turn ¼ right and step forward right, turn ½ right and step back left
5&6 Shuffle back right left right
7-8 Step back left, hold

TOGETHER, STEP SCUFF, STEP SCUFF, ROCKING CHAIR

&1-2 Step right beside left, step forward left, scuff right forward
3-4 Step right forward, scuff left forward
5-6 Rock forward left, recover onto right in place
7-8 Rock back left, recover onto right in place

HEEL HOLD, BALL CROSS SHUFFLE, HEEL HOLD, BALL CROSS SHUFFLE

1-2& Place left heel forward on diagonal, hold, step back slight onto left
3&4 Step right across left, step left to left side, step right across left
5-6& Place left heel forward on diagonal, hold, step back slight onto left
7&8 Step right across left, step left to left side, step right across left

TWIST PIVOT, TWIST PIVOT, STEP ¼ PIVOT, TOGETHER HOLD

1-4 Step ball of left out to left side twisting left heel to left and pivot 1/8 right, rock onto right in place - repeat (12:00)

5-6 Step forward left, pivot $\frac{1}{4}$ right (3:00)
7-8 Step left beside right, hold

REPEAT

TAG

At the end of the 2nd wall

1-4 Full rolling turn right stepping right left right, touch left beside right
5-6 Step left to left side, touch right beside left
7-8 Step right to right side, touch left beside right

1-4 Full rolling turn left stepping left right left, touch right beside left
5-6 Step right to right side, touch left beside right
7-8 Step left to side, hold

RESTART

Restart on wall 5 after count 32
