

Trashy Women

COPPER KNOB
STEPPERS

拍數: 58 牆數: 2 級數: Intermediate
編舞者: Pat Eodice (USA)
音樂: Trashy Women - Confederate Railroad



STEPS & SLIDES

- 1-2 Step to left side, slide and touch right next to left
- 3-4 Step to left side, slide and touch right next to left
- 5-6 Step to right side, slide and touch left next to right
- 7-8 Step to right side, slide and touch left next to right

THE JUMP SPLIT

- 9 Jump and split right foot to right side, left to left,
- 10 Jump and cross right foot over left
- 11-12 Unwind ¼ turn to left and clap hands

BUMPS & HIP ROLLS

- 13-14 Bump left hip to left and hold 1 beat
- 15-16 Bump right hip to right and hold 1 beat
- 17-20 Hip roll (trashy) right, left, right, left (weight on left foot)

CHORUS LINE KICKS

- 21-22 Kick right foot out and slightly across body then step back in place.
- 23-24 Kick left across body and step next to right
- 25-26 Kick right foot out and slightly across body then step back in place.
- 27-28 Kick left across body and step left across right

THE ANGLE STEP & CLAP (CLAP AFTER EACH STEP YOU TAKE IN THIS SECTION)

- &29 Step back right, left
- &30 Step back right, left
- &31 Step back right, left
- &32 Right, left (weight stays on left foot throughout)

MONTEREY TURN

- 33 Point right foot out to right side
- 34 Bring right foot back in while making ¼ turn to right
- 35-36 Point left foot out to left, bring left foot back
- 37 Point right foot out to right side
- 38 Bring right foot back in while making ¼ turn to right
- 39-40 Point left foot out to left, touch left next to right
- 41-42 Step back 45 degrees on left, touch right next to left
- 43-44 Step back 45 degrees right, touch left next to right.
- 45-46 Step back 45 degrees on left, touch right next to left
- 47-48 Step back 45 degrees right, touch left next to right.

BUMPS & HIP ROLLS

- 49-50 Bump left hip to left and hold 1 beat
- 51-52 Bump right hip to right and hold 1 beat
- 53-56 Roll hips (trashy) left, right, left, right (weight on right foot)
- 57-58 Kick twice with left foot

REPEAT
