Trashed



拍數: 32 牆數: 4 級數: Beginner

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音樂: Let's Get Trashed - Mica Roberts & Toby Keith



Intro: 32 counts (vocals).

Triple Step Diagonally Forward - Hold Or Scuff - Rocking Chair

1-2	Step forward with	right foot (dia	gonally to right) -	left beside right

3-4 Step forward with right foot (diagonally to right) - hold (or scuff left beside right)

5-6 Rock forward with left foot - recover to right7-8 Rock back with left foot - recover to right

Triple Step Diagonally Forward - Hold Or Scuff - Rocking Chair

9-10	Step forward with left foot (diagonally to left) - light beside left
11-12	Step forward with left foot (diagonally to left) - hold (or scuff right beside left)
13-14	Rock forward with right foot - recover to left
15-16	Rock back with right foot - recover to left

Step Forward - Touch - Step Back - Touch - Basic To Right

17-18	Step forward with right foot - touch left beside right and clap hands
19-20	Step back with left foot - touch right beside left and clap hands
21-22	Step right to right side - left beside right
23-24	Step right to right side - left beside right (touch)

Low Mambo Step - Jazz Box

25-26	Rock forward with left foot - recover to right foot
27-28	Step left foot beside right - hold & clap
29-30	Cross right foot over left - small step left foot to left and bacl
31-32	Small step right foot to right side - step left forward

Repeat