

Get Trashed

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Robbie McGowan Hickie (UK) - September 2008
音樂: Let's Get Trashed - Mica Roberts & Toby Keith : (CD: Beer For My Horses, Soundtrack)



Right Step Forward. Tap Behind. Step Back. Kick. Full Turn Right. Hitch.

- 1 – 2 Step forward on Right. Tap Left toe behind Right heel – bending knees.
- 3 – 4 Step back on Left. Kick Right forward.
- 5 – 8 Full turn Right (on the spot) stepping Right. Left. Right. Hitch Left knee up and Slightly across Right.

Cross. Diagonal Steps Back (Right & Left). Cross. Back. Together. Step Forward. Scoot with Hitch.

- 1 – 2 Cross step Left over Right. Step Right Diagonally back Right.
- 3 – 4 Step Left Diagonally back Left. Cross step Right over Left.
- 5 – 6 Step back on Left (Straighten up to 12 o'clock). Step Right beside Left.
- 7 – 8 Step forward on Left. Scoot forward on Left – Hitching Right knee up.

Note: Body should be Facing Left Diagonal on Counts 2 – 4 above.

Right Side Rock. 5 Count Weave Left. Heel Flick with 1/4 Turn Right.

- 1 – 2 Rock Right out to Right side. Recover weight on Left.
- 3 – 6 Cross step Right over Left. Step Left to Left side. Cross Right behind Left. Step Left to Left side.
- 7 – 8 Cross step Right over Left. On ball of Right, make 1/4 turn Right – Flicking Left heel back.

Left Lock Step Forward. Scuff. Step. Pivot 1/2 Turn Left x 2.

- 1 – 4 Step forward on Left. Lock step Right behind Left. Step forward on Left. Scuff Right forward.
- 5 – 6 Step forward on Right. Pivot 1/2 turn Left.
- 7 – 8 Step forward on Right. Pivot 1/2 turn Left. (Facing 3 o'clock)

Three Count Weave Left. Kick Out. Behind. Side. Left Cross Shuffle.

- 1 – 3 Cross step Right over Left. Step Left to Left side. Cross Right behind Left.
- 4 Kick Left out to Left side.
- 5 – 6 Cross Left behind Right. Step Right to Right side.
- 7&8 Cross step Left over Right. Small step Right to Right side. Cross step Left over Right.

Monterey 1/2 Turn Right. Right Jazz Box with Cross.

- 1 – 2 Point Right toe out to Right side. Make 1/2 turn Right stepping Right beside Left.
- 3 – 4 Point Left toe out to Left side. Step Left beside Right. (Facing 9 o'clock)
- 5 – 6 Cross step Right over Left. Step back on Left.
- 7 – 8 Step Right to Right side. Cross step Left over Right. (4 Count Tag at this point – See Note Below)***

Dwight Swivels Right. Kick. Toe Touch Behind. Kick. Back Rock.

- 1 Swivel Left heel Right touching Right toe beside Left.
- 2 Swivel Left toe Right touching Right heel diagonally forward Right.
- 3 – 4 Swivel Left heel Right touching Right toe beside Left. Kick Right Diagonally forward Right.
- 5 – 6 Touch Right toe behind Left heel. Kick Right Diagonally forward Right.
- 7 – 8 Cross rock Right behind Left. Rock forward on Left.

Chasse Right. Back Rock. 1/4 Turn Right. 1/2 Turn Right. Step Forward. Scuff.

- 1&2 Step Right to Right side. Close Left beside Right. Step Right to Right side.
- 3 – 4 Rock back on Left. Rock forward on Right.

5 – 6 Make 1/4 turn Right stepping back on Left. Make 1/2 Right stepping forward on Right.
7 – 8 Step forward on Left. Scuff Right forward. (Facing 6 o'clock)

Start Again

Note: Dance Counts 1 – 64 for Walls 1 & 2 Only ... then from Wall 3 (& on Every Wall thereafter until the End of the Music) a 4 Count Tag is needed After Count 48 (Jazz Box Cross*) ... 4 Count Tag: Repeat the Jazz Box Cross ... Then continue with the remainder of the dance.**
