

# ***TRASHED !!!***

**Choreographed by: CHRIS HODGSON (UK) August 2005 01704-879516  
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**Suggested Music: THROWN OUT OF LOVE.....Jason McCoy (112bpm)  
cd – Sins, Lies and Angels)**

**48 COUNT / INT / 4 WALL LINE DANCE      16 count intro – Start on Vocals**

**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 forward on Right, walk forward 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

***BEGIN AGAIN.....HAVE FUN***