



Approved by:

Robbie

Get Trashed

2 WALL - 64 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 - 2 3 - 4 5 - 7 8	Step, Tap, Back, Kick, Full Turn, Hitch Step right forward. Tap left toe behind right heel, bending knees. Step left back. Kick right forward. Full triple turn right on the spot, stepping - right, left, right. Hitch left knee slightly across right.	Step Tap Back Kick Right Full Turn Hitch	Forward Back Turning right On the spot
Section 2 1 - 2 3 - 4 5 - 6 7 - 8 Note	Cross, Diagonal Step Back x 2, Cross, Back, Together, Step, Scoot With Hitch Cross step left over right. Step right diagonally back right. Step left diagonally back left. Cross step right over left. Step left back (straighten up to 12:00). Step right beside left. Step left forward. Scoot forward on left, hitching right knee. Counts 2 - 4 above: body should be facing left diagonal.	Cross Back Back Cross Back Together Step Scoot	Back Forward
Section 3 1 - 2 3 - 4 5 - 6 7 - 8	Side Rock, Weave, Heel Flick 1/4 Turn Rock right out to right side. Recover onto left. Cross step right over left. Step left to left side. Cross right behind left. Step left to left side. Cross right over left. On ball of right, make 1/4 turn right flicking left heel back.	Side Rock Cross Side Behind Side Cross Turn	On the spot Left Turning right
Section 4 1 - 4 5 - 6 7 - 8	Lock Step Forward, Scuff, Step Pivot 1/2 x 2 Step left forward. Lock right behind left. Step left forward. Scuff right forward. Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/2 turn left. (3:00)	Left Lock Left Scuff Step Pivot Step Pivot	Forward Turning left
Section 5 1 - 3 4 5 - 6 7 & 8	Weave, Kick Out, Behind, Side, Cross Shuffle Cross step right over left. Step left to left side. Cross right behind left. Kick left out to left side. Cross left behind right. Step right to right side. Cross step left over right. Small step right to right side. Cross step left over right.	Cross Side Behind Kick Behind Side Cross Shuffle	Left On the spot Right Right
Section 6 1 - 2 3 - 4 5 - 6 7 - 8 TAG	Monterey 1/2 Turn, Jazz Box Cross Point right toe out to right side. Make 1/2 turn right stepping right beside left. Point left toe out to left side. Step left beside right. (9:00) Cross step right over left. Step left back. Step right to right side. Cross step left over right. From Wall 3 onwards: repeat Jazz Box Cross then continue with dance.	Point Turn Point Together Cross Back Side Cross	Turning right On the spot
Section 7 1 2 3 4 5 - 6 7 - 8	Dwight Swivels, Kick, Touch, Kick, Back Rock Swivel left heel to right touching right toe beside left. Swivel left toe to right touching right heel diagonally forward right. Swivel left heel to right touching right toe beside left. Kick right diagonally forward right. Touch right toe behind left heel. Kick right diagonally forward right. Cross rock right behind left. Rock forward on left.	Swivel Swivel Swivel Kick Touch Kick Back Rock	Right On the spot
Section 8 1 & 2 3 - 4 5 - 6 7 - 8	Chasse, Back Rock, 1/4 Turn, 1/2 Turn, Step, Scuff Step right to right side. Close left beside right. Step right to right side. Rock back on left. Rock forward on right. Make 1/4 turn right stepping left back. Make 1/2 turn right stepping right forward. Step left forward. Scuff right forward. (6:00)	Side Close Side Back Rock Quarter Half Step Scuff	Right On the spot Turning right Forward
TAG	4 Count Tag danced during Wall 3 and each succeeding Wall: Repeat Jazz Box Cross at end of Section 6 then continue with dance.		

Choreographed by: Robbie McGowan Hickie (UK) September 2008

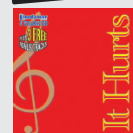
Choreographed to: 'Let's Get Trashed' by Mica Roberts and Toby Keith (160 bpm)

from CD Beer For My Horses - Original Sound Track (32 count intro)

Tag: A 4-count Tag (Jazz Box Cross) is danced during Wall 3 and every Wall thereafter



A video clip of this dance is available at www.linedancermagazine.com



Music available on It Hurts CD available from www.linedancermagazine.com or call 01704 392300