

My Women

32 count, 4 wall, beginner/intermediate level
Choreographer: Kate Valentin (DK) March 2007
Choreographed to: Trashy Women by Confederate
Railroad (148 bpm) CD: Country Fun or CD: Step
In Line Once More

16 count intro

WEAVE LEFT, CROSS, BACK, SHUFFLE ¼ TURN RIGHT

1-4 Cross right over left, step left to left side, cross right behind left, step left to left side

5-6 Cross right over left, step back on left

7&8 Step forward right making ¼ turn right, close left beside right, step forward right

ROCK STEP, BACK, POINT, CROSS, POINT, CROSS, POINT

1-2 Rock forward on left, rock back on right

3-4 Step back on left, point right toe diagonally back right

5-6 Cross right over left, point left toe to left side

7-8 Cross left over right, point right toe to right side

JAZZ BOX ¼ TURN RIGHT, JAZZ BOX

1-4 Cross right over left, step back on left, step right ¼ turn right, step left beside right

5-8 Cross right over left, step back on left, step right to right side, close left beside right

HEEL STEPS, STEP, TOGETHER, HEEL GRIND ¼ TURN RIGHT, STEP, TOGETHER

1-2 Step forward on right heel, step forward on left heel

3-4 Step right foot back in place, step left next to right

5 Step forward on right heel, turned right toe towards diagonally left

6 Twist (on heel) right toe ¼ right, in the same time step back on left foot

7-8 Step right foot next to left, step left foot in place

OPTIONAL ENDING

The dance ends at section 2 count 7, facing the music, crossing left over right
