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# **Picking Trash**

32 count, 4 wall, beginner level Choreographer: Liselott Trinse (Sweden)

March 2006

Choreographed to: Mama, Take Me Home by Rednex

(108 bpm)

#### 24 count intro

#### Section 1 Right lockstep forward, touch, left lockstep forward, touch

- 1-2 (Body slightly turned to left) Step forward on right, lock left behind right,
- 3-4 Step forward on right, touch left beside right
- 5-6 (Body slightly turned to right) Step forward on left, lock right behind left,
- 7-8 Step forward on left, touch right beside left

#### Section 2 Right step turn with a hook, left step forward, points, right step behind, point

- 1-2 Step forward on right, turn ½ to left and hook left in front of right
- 3-4 Step forward on left touch right beside left
- 5-6 Point right forward, point right to right side
- 7-8 Step right beside left, point left to left side
  - (body slightly turned to right diagonal during these steps)

### Section 3 Left cross shuffle, ½ turn left, right cross shuffle, left side rock.

- 1&2 Cross left over right, step right to right side, cross left over right
- 3-4 Turn ¼ left step right behind, turn ¼ left step to left side
- 5&6 Cross right over left, step left to left side, cross right over left
- 7-8 Rock left to left side, recover on to right

#### Section 4 Left sailor step turning ¼ left, Monterey turn ½ right, jump out, hip bump and clap.

- 1&2 Cross left behind right, turn ¼ right step right to right side, step left in place,
- 3-4 Touch right to right side, turn ½ right stepping right beside left
- 5-6 Touch left to left side, step left beside right.
- &7-8 Jump slightly forward and slightly out (right, left, weight on left), bump left hip and clap

## Choreographer's note:

**TAG:** At the end of wall 7 there is a 4 count tag.

Bump hips 4 times (right, left, right, left) end weight on left foot to start the dance again.

Choreographer's wish: Hear the music and lyrics out, add some "style", and go for it with a big smile!!!!

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