
Remember to Vote for your favourite dances in the Linedancer Charts.

Note: This is a 2 Wall dance, the Restart makes it a 4 Wall dance

SEC 1 OUT OUT, 3 X KNEE POPS, IN IN, BOUNCE ¼ TURN

- &1 Step out R, step out L
2-3-4 Pop knee's 3 times lifting both heels
&5 Step in L, step in R
6-7-8 Bounce lifting both heels, bounce ⅛ R lifting both heels, bounce ⅛ R lifting both heels (3:00)

SEC 2 BACK ROCK, SHUFFLE FW, SHUFFLE ½ TURN, BACK ROCK

- 1-2 Rock back on R, recover on L
3&4 Step fwd on R, step L next to R, step fwd on R
5&6 Make ½ turn R stepping back on L, step R next to L, step back on L (9:00)
7-8 Rock back on R, recover on L

SEC 3 POINT TOGETHER X 2, HEEL TOGETHER X 2

- 1-2 Cross point R over L, step R beside L
3-4 Cross point L over R, step L beside R
5-6 Step R heel fwd step R beside L
7-8 Step L heel fwd step L beside R

SEC 4 STEP ¼ TURN, HEEL HOOK, STEP ¼ TURN, HEEL FLICK

- 1-2 Step fwd on R, make ¼ turn L stepping L to L side (6:00)
3-4 Step R heel fwd hook R in front of L
5-6 Step fwd on R, make ¼ turn L stepping L to L side (3:00)
7-8 Step R heel fwd flick R beside L

Restart Here on Wall 5 (facing 3:00)

SEC 5 2 X POINT, CROSS SIDE, SAILOR STEP, CROSS SIDE

- 1-2 Cross point R over L, point R to R side
3-4 Cross R over L, step L to L side
5&6 Sweep/cross R behind L, step L to L side, step R to R side
7-8 Cross L over R, step R to R side

Trashy Women

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SEC 6 2 X POINT, CROSS SIDE, SAILOR ¼ TURN, WALK WALK

- 1-2 Cross point L over R, point L to L side
- 3-4 Cross L over R, step R to R side
- 5&6 Sweep/cross L behind R ¼ turn L, step R to R side, step L to L side (12:00)
- 7-8 Walk fwd R, walk fwd L

SEC 7 CROSSING TOE STRUT, SIDE ROCK ¼ TURN, TOE STRUT, STEP ¼ TURN

- 1-2 Cross R toe over L, drop R heel to floor
- 3-4 Rock L to L side, recover ¼ turn R stepping fwd on R (3:00)
- 5-6 Step L toe fwd drop L heel to floor
- 7-8 Step fwd on R, make ¼ turn L stepping L to L side (12:00)

SEC 8 SHUFFLE FW, SHUFFLE ½ TURN, BACK ROCK, WALK WALK

- 1&2 Step fwd on R, step L next to R, step fwd on R
- 3&4 Make ½ turn R stepping back on L, step R next to L, step back on L (6:00)
- 5-6 Rock back on R, recover on L
- 7-8 Walk fwd R, walk fwd L

