

Throwback Love

Count: 56

Wand: 0

Ebene: Phrased Intermediate

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Musik: Throwback Love - Meghan Trainor



Sequence: A-B-B-A (Restart) A-B-B-A-B-B-B

Starts after: 16 Counts (+/- 17 Sec. on Track)

PART A: 32 counts

A1: RUMBA BOX, R/L, MAMBO FWD 1/2 TURN R, SHUFFLE 1/2 TURN R

- 1 RF □ Step to right side
- & LF □ Close next to RF
- 2 RF □ Step forward
- 3 LF □ Step to left side
- & RF □ Close next to LF
- 4 LF □ Step forward
- 5 RF □ Step forward
- & LF □ Recover weight, 1/4 Turn right □ (3.00)
- 6 RF □ 1/4 Turn right, stepping forward □ (6.00)
- 7 LF □ 1/4 Turn right, stepping to left side □ (9.00)
- & RF □ Close next to LF
- 8 LF □ 1/4 Turn right, stepping backwards □ (12.00)

A2: MAMBO BACK, HEEL, HEEL, TOGETHER, CROSS STEP, SNAP, TOUCH SIDE 2X, SAILOR STEP R

- 1 RF □ Step backwards
- & LF □ Recover weight
- 2 RF □ Step forward on the heel
- & LF □ Step forward on the heel
- 3 RF □ Close next to LF
- & LF □ Cross over RF
- 4 Snap your fingers
- 5 RF □ Touch to right side
- & RF □ Touch next to LF
- 6 RF □ Touch to right side
- 7 RF □ Cross behind LF
- & LF □ Small step to left side
- 8 RF □ Step to right side

* RESTART POINT IN 2ND TIME PART A

A3: BALL CHANGE, SNAP, 1/4 TURN L, SNAP, 1/4 TURN L, SNAP, SIDE STEP, SNAP, JAZZBOX R, SHORTY GEORGE

- & LF □ Step next to RF
- 1 RF □ Step to right side
- & Snap the fingers
- 2 LF □ 1/4 Turn left, stepping forward □ (9.00)
- & Snap the fingers
- 3 RF □ 1/4 Turn left, stepping to right side □ (6.00)
- & Snap the fingers
- 4 LF □ Step to left side
- & Snap the fingers
- 5 RF □ Cross over LF

& LF□Step backwards
 6 RF□Step to right side
 & LF□Step forward
 7 RF□Step forward, Pushing the knee's to right
 & LF□Step forward, Pushing the knee's to left
 8 RF□Step forward, Pushing the knee's to right
 & LF□Step forward, Pushing the knee's to left

A4: HEEL STEP, 1/4 TURN R, ROCK STEP - 2X, KICK, BEHIND, SIDE, CROSS - 2X

1 RF□Heel forward
 & LF□1/4 Turn right, Recovering weight
 2 RF□Step backwards
 & LF□Recover weight
 3 RF□Heel forward
 & LF□1/4 Turn right, Recovering weight
 4 RF □Step backwards
 & LF□Recover weight
 5 RF□Kick diagonal right forward
 & RF□Cross behind LF
 6 LF□Step to left side
 & RF□Cross over LF
 7 LF□Kick to left side
 & LF□Cross behind RF
 8 RF□Step to right side
 & LF□Cross over RF

Part B: 24 counts

B1: TOE, HEEL ,CROSS - 2X, JUMP OUT, WEIGHT CHANGE L/R, BOUNCE 4X

1 RF □Touch next to LF
 & RF□Touch heel to right side
 2 RF□Cross over LF
 & LF□Touch next to RF
 3 LF□Touch heel to left side
 & LF□Cross over RF
 4 RF□Jump out to the right side
 5 LF□Recover weight (While jumping into it)
 6 RF□Recover weight (While jumping into it)
 7 RF□Jump on the spot while keeping the LF out, Turning 1/4 Turn□ (9.00)
 & RF□Jump on the spot while keeping the LF out, Turning 1/4 Turn□ (6.00)
 8 RF□Jump on the spot while keeping the LF out, Turning 1/4 Turn□ (3.00)
 & RF□Jump on the spot while keeping the LF out, Turning 1/4 Turn□ (12.00)

B2: ROCK BACK, 1/2 TURN R, HITCH, STEP BACK, HITCH, STEP FORWARD, 1/2 TURN L, HITCH, STEP BACK, 1/2 TURN L, HITCH, STEP FWD, 1/2 TURN L, STOMP -2X

1 LF□Step backwards
 & RF□Recover weight
 2 LF□1/2 Turn right, stepping backwards□□(6.00)
 & RF□Hitch
 3 RF□Step backwards
 & LF□Hitch
 4 LF□Step forward
 & RF □Hitch, while making a 1/2 Turn left□□(12.00)
 5 RF□Step backwards
 & LF□Hitch, while making a 1/2 Turn left□□(6.00)

- 6 LF□Step forward
- & RF□Hitch
- 7 RF□Step forward
- & LF□1/2 Turn left, stepping forward□□□(12.00)
- 8 RF□Stomp
- & LF□Stomp

B3: STEP FWD, KICK, STEP BACK, TOUCH, JAZZBOX 1/2 TURN R

- 1 RF□Step forward
- 2 LF□Kick forward
- 3 LF□Step backwards
- 4 RF□Touch backwards
- 5 RF□Cross over LF
- 6 LF□1/4 Turn right, stepping backwards□ (3.00)
- 7 RF□1/4 Turn right, stepping to right side□(6.00)
- 8 Lf□Small step forward

*** Finish: Last time doing part B, make a normal jazzbox instead of a jazzbox 1/2 Turn. You will be facing (12.00).**
