Threw It Away

Count: 32	**Wand:** 4	**Ebene:** Intermediate

Choreograf/in: Neville Fitzgerald (UK) & Julie Harris (UK) - July 2008
Musik: Let Her Go - Blu Cantrell

Intro: 48 counts (app. 31 secs into track)

Walk, Walk, Walk, Step 1/2 Step, 1/2, 1/4, Rock & Side.

1-3	Walk forward Left-Right-Left.
4&5	Step forward on Right, pivot 1/2 turn to Left, step forward on Right.
6-7	Make 1/2 turn to Right stepping back on Left, 1/4 turn to Right stepping Right to Right side.
8&1	Cross rock Left behind Right, recover on Right, step Left to Left side.

Sailor 3/4 Cross, Rock & Cross, Full Turn Walk, Walk, Shuffle.

2&3	Cross step Right behind Left making 1/4 turn to Right, make 1/4 turn to Right stepping Left next to Right, 1/4 turn to Right cross stepping Right over Left.
4&5	Rock to Left side on Left, recover on Right, cross step Left over Right.
6-7	Make 1/4 turn to Right stepping forward on Right, 1/4 turn Right stepping forward on Left.
8&1	Making 1/2 turn to Right shuffle forward R-L-R.

Step, 1/2 Turn, Sailor 1/4 Cross, 1/4, Step 1/2 Step.

2-3	Step forward on Left, make 1/2 turn to Left stepping back on Right.
4&5	Cross step Left behind Right, make 1/4 turn to Left stepping Right next to Left, cross step Left over Right.
6	Make 1/4 turn to Right stepping forward on Right.
7&8	Step forward on Left, pivot 1/2 turn to Right, step forward on Left.

Kick, Cross, Back, Back, Cross, Touch, 1/4 Turn Flick, Mambo Touch, Full Turn Step.

1&2&	Kick Right to forward Right diagonal, cross step Right over Left, step back on Left, step back on Right.
3&4	Cross step Left over Right, touch Right next to Left, make 1/4 turn to Left as you flick Right foot back.
5&6	Rock forward on Right, recover on Left, touch Right toe back.
7-8	Keeping weight on Left make full turn to Right, step forward on Right.

Restarts: Walls 2 & 5 Dance Restarts after 16 Counts..
But..!!! Replace Counts 14-16 (Full Turn Walk Walk Shuffle)
With Full Turn Walk Walk Walk (No Shuffle) Then Restart.