

Throw It Down

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Lisa Capelle - December 2011

Musik: Drink In My Hand - Eric Church



Alternate music:

Good To Be Me by Uncle Kracker

Ain't No Other Man by Christina Aguilera

Start on Lyrics – no tags/no restarts

S1. L side rock, recover R, behind side cross, R side rock, recover L behind side, left ¼ turn left

- 1,2 Rock left foot out to the side, recover right
3&4 cross left behind right, step right to side, cross left over right
5,6 Rock right foot out to the side, recover left
7&8 cross right behind left, step left to side, step right forward turning / ¼ turn left

S2. Step lock(or touch) shuffle (LRL), rock (R) recover (L) shuffle (RLR)

- 1,2 step L, lock R (or step touch)
3&4 shuffle LRL
5,6 rock forward on rt foot, recover left
7&8 shuffle RLR

S3. Step L touch R together, step R touch L together, rock (L) recover (R) walk (L) walk (R)

- 1,2 step left back touch right (diagonal)
3,4 step right back touch left (diagonal)
5,6 rock left foot back, recover right
7,8 walk forward L,R

S4. Step ½ turn pivot right, step ¼ turn pivot right, Jazz box w/cross over

- 1,2 step forward on left pivot ½ turn right
3,4 step forward on left pivot ¼ turn right
5,6,7,8 Jazz box cross left over right, step right back, bring left foot to the side, end jazz box by crossing right foot over left

REPEAT
