

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
