

Throw It Back

Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: Donna Manning (USA) - March 2022

Music: Throw It Back (feat. Keith Urban) - BRELAND



Restarts on walls 1 & 4 after 16 counts

Sec 1 (1-8) Step Back, Replace, Rock, Replace, Coaster Step, Pause, Ball-Step

- 1-2 Step R back (sit back into the r hip for styling), replace weight to L,
3-4 Rock R fwd (can add heel swivels to the R – dip down into the rock – listen to the lyrics and add your flavor), replace to L (12:00)
5&6-7&8 Step R back, bring L to R, step R fwd, pause, step ball of L next to R, step R fwd

Sec 2 (9-16) Rock-Replace, ½ Turn, ½ Turn, Out-Out, Hip Bumps

- 1-2 Rock L fwd, replace to R – start looking over your L shoulder
3-4 ½ Turn L stepping L fwd, ½ turn L stepping R back
5&6& Step L out to L side as you slap L thigh, step R out to R side as you slap R thigh, 2 claps
7&8& Hip bumps R L R L (12:00)

RESTART HERE ON WALLS 1 & 4 FIRST TIME on the very first wall and the 1st time you start in the back

Sec 3 (17-24) R Sailor ¼ Turn, Step ¼ Turn, Step, Touch, Syncopated Rocking Chair, Step ¼ Turn, Step, Touch

- 1&2 Step R behind L making ¼ turn R on the ball of R(3:00), step L slightly to L side, step R fwd
3&4 Step L fwd and on the ball of L make ¼ turn R(over rotate to 730), Step R in place, touch L next to R
5&6& Cross rock L over R, replace to R, back rock L, replace to R
7&8 Step L across R making ¼ turn L, step R next to L, touch L next to R (should be facing 430) (6:00 wall)

Look over your R shoulder – that's your target wall and cool styling

Sec 4 (25-32) ¾ Walk Around, Step, Side Toe Switches, Ball-Heel, Ball-Step-Hitch

- 1,2,3,4 Walk L-R-L-R ¾ around to the L (try not to square up to the new wall as the next step will facilitate that)
&5&6 quickly bring ball of L to center, R toe to R side, R to center, L toe to L side
&7&8& quickly bring L to center, R heel fwd, R to center, step L fwd, small R hitch

END OF DANCE – HAVE FUN! SMILE! Keep sheet in original form please.

Any questions email:donnaz.mkgal@gmail.com 727-485-7448