

And Throw It Back

Count: 32

Wall: 4

Level: Beginner / Improver

Choreographer: Cathy Snow (USA) - May 2022

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



Intro: 32 Counts

[1-8] RIGHT TOE-HEEL, STOMP, LEFT TOE-HEEL STOMP

- 1&2 Touch R toe beside L with knee pointing toward L, Touch R heel forward with toe pointing, Stomp R.
3&4 Touch L toe beside R with knee pointing toward R, Touch L heel forward with toe pointing, Stomp L.
5&6 Touch R toe beside L with knee pointing toward L, Touch R heel forward with toe pointing, Stomp R.
7&8 Touch L toe beside R with knee pointing toward R, Touch L heel forward with toe pointing, Stomp L

[9-16] RIGHT KICK & POINT LEFT, LEFT KICK & POINT RIGHT. RIGHT SAILOR, LEFT SAILOR

- 1&2 Kick R forward, Step on R, Point L to side left
3&4 Kick L forward, Step on L, Point R to side right
5&6 Step R behind L, step L to side, Step R to side
7&8 Step L behind R, step R to side, Step L to side

[17-24] TOUCH RIGHT FWD, CENTER, COASTER, TOUCH LEFT FWD, CENTER, ¼ LEFT TURN

- 1-2 Touch right forward, touch right to right side
3&4 Step right back, left next to right, step forward right
5-6 Touch left forward; touch left to left side
7&8 ¼ turn left step left, right, left (9:00 wall first rotation)

[25-32] WALK FORWARD x2; MAMBO STEP; WALK BACK x2; BACK COASTER STEP

- 1-2 Walk forward R, Walk forward L
3&4 Rock fwd. on R, recover on L; step back on R
5-6 Step back L, step back R
7&8 Step back on L; step forward on right, step L

*TAG: First time 6:00 wall- Dance first 16 counts and restart dance

*TAG 2: Second time on 12:00 wall- Dance first 16 counts and restart dance