

Throw You Back

Count: 48

Wall: 2

Level: Beginner / Improver

Choreographer: Elisabeth Elkuch-Heid (CH/LIE) - April 2023

Music: Throw You Back - Mackenzie Carpenter



Seq: AA B A(8Counts) A B A+ BB A(8Counts)

Part A: (16 Counts)

[1-8] R Touch, Touch, Touch Kick, Behind Side Cross, L Touch, Touch, Touch Kick, Behind Side Cross

1&2& Touch R Toe Fwd, Touch R Side, Touch R Back, Kick R Diagonal R Fwd

3&4 Step R Behind L, Step L to L, Step Cross R over L

5&6& Touch L Toe Fwd, Touch L Side, Touch L Back, Kick L Diagonal L Fwd

7&8 Step L Behind R, Step R to R, Step Cross L over R

[9-16] Monterey Turn 1/4 R, Monterey Turn 1/4 R, Out-Out, In-In, R Out, R Heel Towards L, R Toe Towards L, R Heel Towards L, Kick R

1&2& Touch R Toe to R, 1/4 Turn R & Step R next to L, Touch L to L, Step L next to R

3&4& Touch R Toe to R, 1/4 Turn R & Step R next to L, Touch L to L, Step L next to R

5&6& Step R Fwd Out, Step L Fwd Out, Step R to Center, Step L to Center

7&8& Step R Out, Bring R Heel In, Toe In, Heel In, Kick R Fwd

(A+) Tag during Wall 7: 1-4 Rock R Back, Recover L, Rock R Side, Recover L

Part B: (32 Counts)

[1-8] Rock R Back, Recover, Fwd Coaster Step, Rock L Back, Recover, Fwd Coaster Step

1,2 Rock R Back, Recover L

3&4 Step R Fwd, Step L next to R, Step R Back

5,6 Rock L Back, Recover R

7&8 Step L Fwd, Step R next to L, Step L Back

[9-16] Toe, Heel, Stomp 4x (R-L-R-L) Each time 1/4 Turn R (Full Turn all in all)

1&2 Touch R Toe next to L, Touch R Heel next to L, Stomp R next to L with 1/4 Turn R

3&4 Touch L Toe next to R, Touch L Heel next to R, Stomp L next to R with 1/4 Turn R

5-8 Repeat 1-4 (12)

[17-24] Heel Hook Heel Hook Cha Cha Cha in Place R & L

1&2& Touch R Heel Fwd, Hook R in front of L, Touch R Heel Fwd, Hook R in front of L

3&4 Step R in Place, Step L in Place, Step R in Place

5&6& Touch L Heel Fwd, Hook L in front of R, Touch L Heel Fwd, Hook L in front of R

7&8 Step L in Place, Step R in Place, Step L in Place

[25-32] Step Turn, Run, Run, Run (R & L)

1,2 Step R Fwd, 1/2 Turn L

3&4 Run Fwd: R, L, R

5,6 Step L Fwd, 1/2 Turn R

7&8 Run Fwd: L, R, L

Enjoy and have fun!

www.rheinvalley.li

linedance@rheinvalley.li

Lizzy's Line Dance

