

# Throw It Back (T.I.B)

Count: 32

Wall: 4

Level: High Intermediate

Choreographer: Bryan "The Outlaw" Simmons (USA) - April 2023

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



## Shuffle Forward right, Shuffle forward left

1&2 Shuffle right foot forward  
3&4 Shuffle left foot forward

## Quick Rock, step back right, cross and cross stepping back with right

5 Step right foot forward  
& Rock weight back to left foot  
6 Step right foot back  
& Cross left foot over right  
7 Step right foot back  
& Cross left foot over right  
8 Step right foot back

## Reverse Pivots

1-2 Step back left reverse pivot 1/2 turn over left shoulder  
3-4 Step back left reverse pivot 1/4 turn over left shoulder

## Elvis legs and strut backwards

5 Bend right knee in  
& Shift weight to right foot and bend left knee in  
6 Shift weight to left foot and bend right knee in  
7-8 Step back Right then step back left

## Stomping sailor steps into hip bumps

1 Step right forward diagonal  
2 Sailor step crossing left behind right  
& Quick step right with right foot  
3 Step left to left diagonal  
4 Sailor step crossing right behind left  
& Quick step left foot to left  
5-8 Hip Bumps forward diagonal right right, back left left

## Turning hip bumps

1 Step right foot forward bumping hips forward  
2 Turn 1/2 left and bump hips backward (weight on right)  
3 Lifting left foot turn 1/2 turn left and bump hips forward  
4 Step left foot forward and bump hips forward

## Pivot turn, shuffle

5 Step right foot forward  
6 Pivot 1/2 turn left  
7&8 Shuffle forward right, left, right

## TAG

### Step, slap, step, slap, point and stomp

1 Step right foot right  
& Slap left foot behind right knee

- 2 Step left foot left
- & Slap right foot behind left knee
- 3 Point right foot to right side
- & Lift right foot
- 4 Stomp right foot forward

**Twist and kick and twist and kick (no pause)**

- 5 Twist heels to right
- & Recover heels to home position
- 6 Kick right foot forward
- & Step right foot back
- 7 Twist heels to left
- & Recover heels to home position
- 8 Kick left foot forward
- & Stomp left foot forward

**Slow Hip roll as turn ½ right, claps and stomps**

- 1-2 1 full rotation of hips as turn ¼ turn right (weight more or less equally split)
- 3-4 Repeat hip roll and turn, end with weight back on left
- 5 Stomp right foot forward
- &a6 Clap 3 times quickly (matching music)
- 7 Stomp right foot forward
- &a8 Clap 3 times quickly (matching music)

**\*\*\*3 TAGS**

After 1st rep

After 3rd rep

Fun Option: TOOT TOOT (pull down like pulling train whistle) during hip on 4th rep

After 5th rep

**RESTART 16 counts into the 6th rep**

**DOUBLE TAG at end of song after restarting and completing 6th rep**

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