

Throw It

Count: 32

Wall: 4

Level: Improver

Choreographer: Lisa B. Martin

Music: Roll the Dice - Lulu



SIDE SHUFFLE PIVOT ½ STEP, SHUFFLE FORWARD, ROCK STEP, STEP BACK

- 1&2 Step right to right side, step left beside right, step right to right side
- 3&4 Step forward left, pivot ½ right, step forward left
- 5&6 Step forward right, step left next to right, step right forward
- 7&8 Rock forward on left, recover on right, step back left

BACK SHUFFLE, PIVOT ½ SHUFFLE, PIVOT ½ TURN BACK SHUFFLE, SHUFFLE

- 1&2 Step right back, step left next to right, step right back
- 3&4 Pivot ½ left step forward on left, step right next to left, step forward left
- 5&6 Pivot ½ left step back right, step left next to right step back right
- 7&8 Step forward left, step right next to left, step forward left

CHARLESTON STEP, SAILOR STEP, ¼ SAILOR STEP

- 1-2 Sweep right forward, step right next to left
- 3-4 Sweep left back, step left next to right
- 5&6 Step right behind left, step left to left side, step on right
- 7&8 Step left behind right, step right ¼ right, step left to left side

SIDE SHUFFLE, ROCK STEP, CROSS SHUFFLE, STEP TOUCH

- 1&2 Step right to right side, step left next to right, step right to right side
- 3&4 Rock back on left, recover on right, step left to left side
- 5&6 Cross right over left, step left to left side, cross right over left
- 7-8 Step left to left side, touch right next to left

REPEAT

TAG

At the end of wall 6 hold for 4 counts
