

Throwdown

Count: 64

Wall: 4

Level: Intermediate

Choreographer: John Robinson (USA)

Music: Ain't Livin' Long Like This - Andy Griggs



WALK RIGHT, LEFT, RIGHT HEEL GRIND, BACK RIGHT, LEFT, HEEL SPLIT

- 1-2 Step right forward, step left forward
- 3-4 Right heel touch forward turning toe toward left side, right heel grind rotating toe to right side
- 5-6 Step right back, left step next to right
- 7-8 With weight on balls of feet split heels apart, return heels home shifting weight to left

WALK RIGHT, LEFT, RIGHT HEEL GRIND, BACK RIGHT, LEFT, HEEL SPLIT

This is an exact repeat of the first 8 counts

- 1-2 Step right forward, step left forward
- 3-4 Right heel touch forward turning toe toward left side, right heel grind rotating toe to right side
- 5-6 Step right back, left step next to right
- 7-8 With weight on balls of feet split heels apart, return heels home shifting weight to left

RIGHT VINE, LEFT TOUCH, HEEL-TOE-HEEL-HOOK COMBINATION

- 1-2 Right step side right, left step behind left
- 3-4 Right step side right, left touch next to right
- 5-6 Left heel touch forward, left toe touch back
- 7-8 Left heel touch forward, left hook across right shin

LEFT VINE WITH ¼ TURN LEFT, RIGHT TOUCH OUT-IN 2X

- 1-2 Left step side left, right step behind left
- 3-4 Left step ¼ turn left, right touch next to left
- 5-6 Right toe touch side right, right touch next to left
- 7-8 Right toe touch side right, right touch next to left

The next 16 counts are an exact repeat of the previous two 8-count patterns

RIGHT VINE, LEFT TOUCH, HEEL-TOE-HEEL-HOOK COMBINATION

- 1-2 Right step side right, left step behind left
- 3-4 Right step side right, left touch next to right
- 5-6 Left heel touch forward, left toe touch back
- 7-8 Left heel touch forward, left hook across right shin

LEFT VINE WITH ¼ TURN LEFT, RIGHT TOUCH OUT-IN 2X

- 1-2 Left step side left, right step behind left
- 3-4 Left step ¼ turn left, right touch next to left
- 5-6 Right toe touch side right, right touch next to left
- 7-8 Right toe touch side right, right touch next to left

ANGLED STOMP FORWARD, CLAP (RIGHT THEN LEFT), WALK BACK RIGHT-LEFT-RIGHT-LEFT

- 1-2 Right stomp forward angling body diagonally right, hold position/clap hands
- 3-4 Left stomp forward angling body diagonally left, hold position/clap hands
- 5-6 Step right back, step left back
- 7-8 Step right back, step left back

ALTERNATING HEEL STEPS (RIGHT-LEFT-RIGHT-LEFT) MAKING ¾ LEFT TURN

- 1-2 Right heel touch forward, right step home turning ¼ left
- 3-4 Left heel touch forward, left step home turning ¼ left

5-6 Right heel touch forward, right step home turning $\frac{1}{4}$ left
7-8 Left heel touch forward, left step next to right

REPEAT
