

# And Throw It Back

COPPER KNOB  
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Beginner / Improver

Chorégraphe: Cathy Snow (USA) - May 2022

Musique: 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