

Throwback

拍数: 64 墙数: 2 级数: High Intermediate
编舞者: José Miguel Belloque Vane (NL) - June 2016
音乐: Throwback - Dawin : (Single - 2016)



Intro 16 counts after 1, 2, 3 start at 09 sec

Part 1. Walks Fwd R, L, Out, Out, In, Cross, Side, Hold, Together, Side, Cross.

- 1-2 Walk R forward, Walk L Forward.
- &3&4 Step R out to R, Step L out to L, Step R beside L, Step L across R.
- 5-6 Step R to R, Hold.
- &7-8 Step L beside R, Step R to R, Step L across R.

Part 2. Side Rock / Recover with 1/4 Turn L, 1/2 Shuffle Turn L, 1/2 Turn L, Step, 1/2 Turn L, Back, Coaster Step L.

- 1-2 Step R to R, Making 1/4 turn L (9) Recover back onto L.
- 3&4 Making 1/4 turn L (6) step R to R, Making 1/4 turn L (3) step L beside R, Step R back.
- 5-6 Making 1/2 L (9) step L forward, Continue 1/2 turn L (3) step R back.
- 7&8 Step L back, Step R beside L, Step L back.

Part 3. Samba Step, Step, Lock, Step, Jazz Box Across.

- 1&2 Step R across L, Step L to L, Step R slightly diagonal forward.
- 3&4 Step L forward, Lock R behind L, Step L forward.
- 5-8 Step R across L, Step L back, Step R to R, Step L forward.

Part 4. Jazz Box Across, 1/2 Pivot Turn L, Big Step Fwd, Scoot Fwd.

- 1-4 Step R across L, Step L back, Step R to R, Step L forward
- 5-6 Step R forward, Pivot 1/2 turn L on L (9) take weight onto L.
- 7-8 Step R big forward, Step L together R and scoot with both feet forward take weight onto L.

Part 5. Step & Touch Behind, Replace, Sweep R, Back, Sweep L, Back, Sweep R, Sailor Step, Toe Swivel In, Toe Swivel Out with 1/4 Turn L.

- &1-2 Step R forward, Touch L behind R, Recover back onto L sweep R from front to back.
- 3-4 Step R back in place sweep L from front to back, Step L back in place sweep R from front to back.
- 5&6 Step R behind L, Step L to L, Step R to R.
- 7-8 Swivel R toe in, Swivel L toe L with 1/4 turn L (6) holding your weight onto R.

Part 6. Back, Together, 1/4 turn L, Cross Shuffle L, & Cross, Side, Behind, Sweep, Weave L.

- 1& Step L back, Step R beside L.
- 2&3&4 Making 1/4 turn L (3) cross L over R, Step R to R, Step L across R, Step R to R, Step L across R.
- 5-6 Step R to R, Step L behind R sweep R from front to back.
- 7&8 Step R behind L, Step L to L, Step R across L.

Part 7. Step Diag, Lock & Hitch, Step, Lock, Step, 1/2 Pivot Turn L, 3/8 Pivot Turn L.

- 1-2 To (1.30) step L diagonal forward , Lock R behind L and hitch L knee up.
- 3&4 Step L forward, Lock R behind L, Step L forward.
- 5-8 Step R forward, Pivot turn 1/2 L (7.30) on L, Step R forward, Pivot turn 3/8 L (3) on L.

Part 8. Jazz Box Across with 1/4 Turn R, Heel Switches R, L, Touch, Hitch.

- 1-4 Step R across L, Making 1/4 turn R (6) step L back, Step R to R, Step L forward.

5&6& Touch R heel diagonal forward, Step R back in place, Touch L heel forward, Step L back in place.

7-8 Touch R beside L, Hitch R knee up.

REPEAT DANCE AND HAVE FUN!!
