

# Throw It Back

COPPER KNOB  
BY SHEETS

拍数: 32                      墙数: 4                      级数: Low Intermediate  
编舞者: Donna Manning (USA) - March 2022  
音乐: Throw It Back (feat. Keith Urban) - BRELAND



Restarts on walls 1 & 4 after 16 counts

## Sec 1 (1-8) Step Back, Replace, Rock, Replace, Coaster Step, Pause, Ball-Step

1-2                      Step R back (sit back into the r hip for styling), replace weight to L,  
3-4                      Rock R fwd (can add heel swivels to the R – dip down into the rock – listen to the lyrics and  
                                 add your flavor), replace to L (12:00)  
5&6-7&8                Step R back, bring L to R, step R fwd, pause, step ball of L next to R, step R fwd

## Sec 2 (9-16) Rock-Replace, ½ Turn, ½ Turn, Out-Out, Hip Bumps

1-2                      Rock L fwd, replace to R – start looking over your L shoulder  
3-4                      ½ Turn L stepping L fwd, ½ turn L stepping R back  
5&6&                    Step L out to L side as you slap L thigh, step R out to R side as you slap R thigh, 2 claps  
7&8&                    Hip bumps R L R L (12:00)

**RESTART HERE ON WALLS 1 & 4 FIRST TIME on the very first wall and the 1st time you start in the back**

## Sec 3 (17-24) R Sailor ¼ Turn, Step ¼ Turn, Step, Touch, Syncopated Rocking Chair, Step ¼ Turn, Step, Touch

1&2                      Step R behind L making ¼ turn R on the ball of R( 3:00), step L slightly to L side, step R fwd  
3&4                      Step L fwd and on the ball of L make ¼ turn R(over rotate to 730), Step R in place, touch L  
                                 next to R  
5&6&                    Cross rock L over R, replace to R, back rock L, replace to R  
7&8                      Step L across R making ¼ turn L, step R next to L, touch L next to R (should be facing 430)  
                                 (6:00 wall)

**Look over your R shoulder – that's your target wall and cool styling**

## Sec 4 (25-32) ¾ Walk Around, Step, Side Toe Switches, Ball-Heel, Ball-Step-Hitch

1,2,3,4                Walk L-R-L-R ¾ around to the L (try not to square up to the new wall as the next step will  
                                 facilitate that)  
&5&6                    quickly bring ball of L to center, R toe to R side, R to center, L toe to L side  
&7&8&                    quickly bring L to center, R heel fwd, R to center, step L fwd, small R hitch

**END OF DANCE – HAVE FUN! SMILE! Keep sheet in original form please.**

Any questions email:[donnaz.mkgal@gmail.com](mailto:donnaz.mkgal@gmail.com) 727-485-7448