

# And Throw It Back

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner / Improver  
编舞者: Cathy Snow (USA) - May 2022  
音乐: 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