

# Throw You Back

拍数: 48                      墙数: 2                      级数: Beginner / Improver  
编舞者: Elisabeth Elkuch-Heid (CH/LIE) - April 2023  
音乐: Throw You Back - Mackenzie Carpenter



Seq: AA B A(8Counts) A B A+ BB A(8Counts)

## Part A: (16 Counts)

**[1-8] R Touch, Touch, Touch Kick, Behind Side Cross, L Touch, Touch, Touch Kick, Behind Side Cross**

1&2&            Touch R Toe Fwd, Touch R Side, Touch R Back, Kick R Diagonal R Fwd  
3&4             Step R Behind L, Step L to L, Step Cross R over L  
5&6&            Touch L Toe Fwd, Touch L Side, Touch L Back, Kick L Diagonal L Fwd  
7&8             Step L Behind R, Step R to R, Step Cross L over R

**[9-16] Monterey Turn 1/4 R, Monterey Turn 1/4 R, Out-Out, In-In, R Out, R Heel Towards L, R Toe Towards L, R Heel Towards L, Kick R**

1&2&            Touch R Toe to R, 1/4 Turn R & Step R next to L, Touch L to L, Step L next to R  
3&4&            Touch R Toe to R, 1/4 Turn R & Step R next to L, Touch L to L, Step L next to R  
5&6&            Step R Fwd Out, Step L Fwd Out, Step R to Center, Step L to Center  
7&8&            Step R Out, Bring R Heel In, Toe In, Heel In, Kick R Fwd

**(A+) Tag during Wall 7: 1-4 Rock R Back, Recover L, Rock R Side, Recover L**

## Part B: (32 Counts)

**[1-8] Rock R Back, Recover, Fwd Coaster Step, Rock L Back, Recover, Fwd Coaster Step**

1,2             Rock R Back, Recover L  
3&4             Step R Fwd, Step L next to R, Step R Back  
5,6             Rock L Back, Recover R  
7&8             Step L Fwd, Step R next to L, Step L Back

**[9-16] Toe, Heel, Stomp 4x (R-L-R-L) Each time 1/4 Turn R (Full Turn all in all)**

1&2             Touch R Toe next to L, Touch R Heel next to L, Stomp R next to L with 1/4 Turn R  
3&4             Touch L Toe next to R, Touch L Heel next to R, Stomp L next to R with 1/4 Turn R  
5-8             Repeat 1-4 (12)

**[17-24] Heel Hook Heel Hook Cha Cha Cha in Place R & L**

1&2&            Touch R Heel Fwd, Hook R in front of L, Touch R Heel Fwd, Hook R in front of L  
3&4             Step R in Place, Step L in Place, Step R in Place  
5&6&            Touch L Heel Fwd, Hook L in front of R, Touch L Heel Fwd, Hook L in front of R  
7&8             Step L in Place, Step R in Place, Step L in Place

**[25-32] Step Turn, Run, Run, Run (R & L)**

1,2             Step R Fwd, 1/2 Turn L  
3&4             Run Fwd: R, L, R  
5,6             Step L Fwd, 1/2 Turn R  
7&8             Run Fwd: L, R, L

Enjoy and have fun!

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Lizzy's Line Dance

