

Throw It Back (T.I.B)

拍数: 32 墙数: 4 级数: High Intermediate
编舞者: Bryan "The Outlaw" Simmons (USA) - April 2023
音乐: Throw It Back (feat. Keith Urban) - BRELAND



Shuffle Forward right, Shuffle forward left

1&2 Shuffle right foot forward
3&4 Shuffle left foot forward

Quick Rock, step back right, cross and cross stepping back with right

5 Step right foot forward
& Rock weight back to left foot
6 Step right foot back
& Cross left foot over right
7 Step right foot back
& Cross left foot over right
8 Step right foot back

Reverse Pivots

1-2 Step back left reverse pivot 1/2 turn over left shoulder
3-4 Step back left reverse pivot 1/4 turn over left shoulder

Elvis legs and strut backwards

5 Bend right knee in
& Shift weight to right foot and bend left knee in
6 Shift weight to left foot and bend right knee in
7-8 Step back Right then step back left

Stomping sailor steps into hip bumps

1 Step right forward diagonal
2 Sailor step crossing left behind right
& Quick step right with right foot
3 Step left to left diagonal
4 Sailor step crossing right behind left
& Quick step left foot to left
5-8 Hip Bumps forward diagonal right right, back left left

Turning hip bumps

1 Step right foot forward bumping hips forward
2 Turn 1/2 left and bump hips backward (weight on right)
3 Lifting left foot turn 1/2 turn left and bump hips forward
4 Step left foot forward and bump hips forward

Pivot turn, shuffle

5 Step right foot forward
6 Pivot 1/2 turn left
7&8 Shuffle forward right, left, right

TAG

Step, slap, step, slap, point and stomp

1 Step right foot right
& Slap left foot behind right knee

- 2 Step left foot left
- & Slap right foot behind left knee
- 3 Point right foot to right side
- & Lift right foot
- 4 Stomp right foot forward

Twist and kick and twist and kick (no pause)

- 5 Twist heels to right
- & Recover heels to home position
- 6 Kick right foot forward
- & Step right foot back
- 7 Twist heels to left
- & Recover heels to home position
- 8 Kick left foot forward
- & Stomp left foot forward

Slow Hip roll as turn ½ right, claps and stomps

- 1-2 1 full rotation of hips as turn ¼ turn right (weight more or less equally split)
- 3-4 Repeat hip roll and turn, end with weight back on left
- 5 Stomp right foot forward
- &a6 Clap 3 times quickly (matching music)
- 7 Stomp right foot forward
- &a8 Clap 3 times quickly (matching music)

*****3 TAGS**

After 1st rep

After 3rd rep

Fun Option: TOOT TOOT (pull down like pulling train whistle) during hip on 4th rep

After 5th rep

RESTART 16 counts into the 6th rep

DOUBLE TAG at end of song after restarting and completing 6th rep
