

# Throw It

拍数: 32      墙数: 4      级数: Improver  
编舞者: Lisa B. Martin  
音乐: Roll the Dice - Lulu



## SIDE SHUFFLE PIVOT ½ STEP, SHUFFLE FORWARD, ROCK STEP, STEP BACK

1&2      Step right to right side, step left beside right, step right to right side  
3&4      Step forward left, pivot ½ right, step forward left  
5&6      Step forward right, step left next to right, step right forward  
7&8      Rock forward on left, recover on right, step back left

## BACK SHUFFLE, PIVOT ½ SHUFFLE, PIVOT ½ TURN BACK SHUFFLE, SHUFFLE

1&2      Step right back, step left next to right, step right back  
3&4      Pivot ½ left step forward on left, step right next to left, step forward left  
5&6      Pivot ½ left step back right, step left next to right step back right  
7&8      Step forward left, step right next to left, step forward left

## CHARLESTON STEP, SAILOR STEP, ¼ SAILOR STEP

1-2      Sweep right forward, step right next to left  
3-4      Sweep left back, step left next to right  
5&6      Step right behind left, step left to left side, step on right  
7&8      Step left behind right, step right ¼ right, step left to left side

## SIDE SHUFFLE, ROCK STEP, CROSS SHUFFLE, STEP TOUCH

1&2      Step right to right side, step left next to right, step right to right side  
3&4      Rock back on left, recover on right, step left to left side  
5&6      Cross right over left, step left to left side, cross right over left  
7-8      Step left to left side, touch right next to left

## REPEAT

## TAG

At the end of wall 6 hold for 4 counts

---