

# Throw It On Me

COPPER KNOB  
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编舞者: Guyton Mundy (USA) & Carey Parson - February 2008  
音乐: Throw It On Me - Timbaland



## **(1-8) Walks with elbow throws, hitch with arm pump, chest pump, look, rock/recover with arm roll, step to side**

- 1&2 walk forward on right as you throw right elbow out to right, walk forward on left as you throw left elbow out to left, walk forward on right as you throw right elbow out to right (on counts 1&2 your hands should be in a fist)
- &3 hitch up left as you punch right arm up slightly (arm is bent at elbow, you just finished count 2 so your right elbow is out to right, just turn your forearm up so your fist is at head level as you punch up) step down on left as you bring right hand to in front of chest (palm facing chest)
- &4 pop chest out, pop chest back
- &5 look to the left, look back center
- 6-7-8 rock back on right foot as your left arm extends out in front of you as your right hand follows up your left arm from fingertips to shoulder, bring right hand around the right side of your head making a clock wise circle around your head, recover weight on left foot, step right to right side as you bring both hands down in front of you with clinched fist.....(Was that fun?)

## **(&9-16) heel pop with elbow pop, punch, swing, ball step to side, behind, 3/4 unwind, walk backs X4**

- &1 Pop left heel out to left as you pop your left elbow out to left side (elbow pop is like you are trying to start a lawn mower with a really short rope), bring left heel back in straiten left arm
- 2-3 punch right arm underneath left arm, swing right arm to the right
- &4 bring left foot to right, step right to right side
- 5-6 step left behind right, unwind a 3/4 turn to the left, with weight ending on left
- 7&8& walk back on right, walk back on left, walk back on right, step together with left

## **(17-24) head look, 1/4 pivot with flick back and arm pop, step with arm pop, hand pop, heel pop with elbow pop, hand pop with hitch, triple step forward**

- 1&2 look to the left, make a 1/4 turn to the left on the ball of left foot as you flick your right foot back with your right arm bent at elbow in front of you at chest level palm open and facing down and left arm out to left side bent at elbow with forearm and hand going straight up palm facing in, step forward on right as you bring your left hand down folding it on top of right.
- &3 separate hands by pulling left hand up and right hand down slightly, bring hands back together
- &4 pop left heel out to left as you pull your left elbow out to left (leaving right hand in it position)Bring heel back to center with weight on it and bringing left hand back on top of right
- &5 hitch right up as you pop hands up slightly, step down on right
- 6-7&8 walk forward on left, walk forward right, left, right

## **(25-32) hop with sweep, behind, unwind, arm up (X2), hit, arm roll with 1/2 turn, side step, heel pop**

- &1 hop onto left foot as you start a sweep with your right by taking it out to the right then behind left ending with it locked behind left foot
- 2 unwind a 1/2 turn to the right
- 3&4 bring right arm up to right bent at elbow (like your showing off your mussels) repeat with the left arm. Step forward on right as you bring right arm down in front of you like you are hitting something on a table
- &5-6 (Count &..bring right arm up with elbow up) 5. Make a 1/2 turn to the right stepping forward on right while bringing right arm down in front of you with clinched fist , 6.step together with left as you bring left arm into same position as right (both arms should be down in front of you with clinched fist slightly away from your body)

7&8 step right to right side, pop left heel out to left as you pop left elbow out to left, bring heel and elbow back in

**(&33-40) ball step, heel swivel, pull-slide, bounce (X2), 3/4 hop turn**

&1 step back on ball of left foot, step forward on right

&2 swivel heel of right to the left as you swivel heel of left to the right, recover to center

3-4 with weight on left pull right foot back to left as you pop up on the ball of the left foot with left knee slightly bent, with weight still on ball of left foot slide right foot back as you slightly lean forward

5-6 step forward on right as you bounce on right foot twice

7&8 make a 1/4 turn to the left as you hop in your right foot, make a 1/2 turn to the left as you hop on your right foot, hop with both feet landing apart.

**(41-48) punch with sway (X2), side cross side, 1/4 paddle, 1/4 shake (or as I like to call it...The "Wiggle Joey Wiggle")**

1-2 punch left arm to right then letting it fall back to left as you rock on to right, punch right arm to left then letting it fall across body as you recover onto left

3&4 step right to right side, cross left over right, step right to right side.

5-6 make a 1/8 turn to the right as you step forward on left, repeat

7&8 make a 1/8 turn to the right as you step forward on left as you shake your hips, Repeat

**(49-64) Repeat counts 33-48 (with out the ball step, just step forward on your right on count 1)**

I hope you got this one. Its not that hard, but it is fast.....Myself and Carey have made it a rule that you cannot do this dance twice in a row...But for some strange reason Joey Warren always says "do it again, Do it again" and some how gets the crowd into it and just wears everybody out. So if you are at an event with Joey WATCH OUT!!!!

Have fun!

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