

Threw It Away

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Let Her Go - Blu Cantrell



Intro: 48 counts (app. 31 secs into track)

Walk, Walk, Walk, Step 1/2 Step, 1/2, 1/4, Rock & Side.

- 1-3 Walk forward Left-Right-Left.
- 4&5 Step forward on Right, pivot 1/2 turn to Left, step forward on Right.
- 6-7 Make 1/2 turn to Right stepping back on Left, 1/4 turn to Right stepping Right to Right side.
- 8&1 Cross rock Left behind Right, recover on Right, step Left to Left side.

Sailor 3/4 Cross, Rock & Cross, Full Turn Walk, Walk, Shuffle.

- 2&3 Cross step Right behind Left making 1/4 turn to Right, make 1/4 turn to Right stepping Left next to Right, 1/4 turn to Right cross stepping Right over Left.
- 4&5 Rock to Left side on Left, recover on Right, cross step Left over Right.
- 6-7 Make 1/4 turn to Right stepping forward on Right, 1/4 turn Right stepping forward on Left.
- 8&1 Making 1/2 turn to Right shuffle forward R-L-R.

Step, 1/2 Turn, Sailor 1/4 Cross, 1/4, Step 1/2 Step.

- 2-3 Step forward on Left, make 1/2 turn to Left stepping back on Right.
- 4&5 Cross step Left behind Right, make 1/4 turn to Left stepping Right next to Left, cross step Left over Right.
- 6 Make 1/4 turn to Right stepping forward on Right.
- 7&8 Step forward on Left, pivot 1/2 turn to Right, step forward on Left.

Kick, Cross, Back, Back, Cross, Touch, 1/4 Turn Flick, Mambo Touch, Full Turn Step.

- 1&2& Kick Right to forward Right diagonal, cross step Right over Left, step back on Left, step back on Right.
- 3&4 Cross step Left over Right, touch Right next to Left, make 1/4 turn to Left as you flick Right foot back.
- 5&6 Rock forward on Right, recover on Left, touch Right toe back.
- 7-8 Keeping weight on Left make full turn to Right, step forward on Right.

Restarts: Walls 2 & 5 Dance Restarts after 16 Counts..
But..!!! Replace Counts 14-16 (Full Turn Walk Walk Shuffle)
With Full Turn Walk Walk Walk (No Shuffle) Then Restart.