

# Throwin' It Down

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Lisa Johns-Grose (USA) & Eddie Huffman (USA) - July 2012  
音乐: My Kinda Crowd - Kaleb McIntire



Start dancing on lyrics

## STEP SIDE, TRIPLE BACK, SIDE, FORWARD

1-2            Step right side, step left together  
3&4            Chassé back right-left-right  
5&6            Chassé side left-right-left  
7&8            Chassé forward right-left-right

## ROCK FORWARD, RECOVER, TURN ½ LEFT, TRIPLE FORWARD, ROCK, RECOVER, COASTER

1&2            Rock left forward, recover to right, turn ½ left stepping left forward  
3&4            Chassé forward right-left-right  
5-6            Rock left forward, recover to right  
7&8            Step left back, right together, step left forward

## FORWARD MAMBO, RUN BACK, REVERSE ROCKING CHAIR, COASTER

1&2            Rock right forward, recover to left, step right together  
3&4            Step back left, right, left  
5&6&          Rock right back, recover to left, rock right forward, recover to left  
7&8            Step right back, step left together, cross right over left

## SWAY LEFT, RIGHT, TURN 1/4 LEFT TRIPLE, TOE STRUT WITH HIP BUMP

1-2            Sway left to side, sway right to side  
3&4            Chassé side left-right-left turning 1/4 left  
5-6            Step right toe forward with right hip bump, step right heel down  
7-8            Step left toe forward with left hip bump, step left heel down

REPEAT

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