Throwback Thursday



拍數: 32 牆數: 4 級數: Improver 編舞者: Laura Sway (UK) & Hayley Wheatley (UK) - March 2019

音樂: Throwback - James Barker Band



Intro: 16 Counts

1&2&

Restart: On wall 3 after 16 counts restart to face 6:00

S1: SIDE STEP, TOUCH, OUT, IN, GRAPEVINE 1/4 TURN WITH SCUFF, ROCKING CHAIR, HEEL FORWARD, CLAP, TOE BACK, CLAP

1&2&	Step RF to R side,	Touch L toe beside RF,	Touch L toe out to L	₋ side, Touch L	toe beside RF

12:00

3&4& Step LF to L side, Step RF behind LF, Step Fwd on LF making 1/4 turn L, Scuff RF fwd 9:00

Rock fwd on RF, Recover onto LF, Rock back onto RF, Recover onto LF 9:00 5&6&

7&8& Tap R heel Fwd, Clap, Touch R toe back, Clap 9:00

S2: HEEL STRUTS FORWARD X4, STEP, PIVOT ½ TURN, STEP, PIVOT ¼ TURN (WITH SHIMMIES)

1&2&	Tap R heel fwd, drop weight onto RF, Tap L heel fwd, Drop weight onto LF 9:00
3&4&	Tap R heel fwd, drop weight onto RF, Tap L heel fwd, Drop weight onto LF 9:00

5&6 Step fwd onto RF, Shimmy shoulders fwd, pivot ½ turn L 3:00 Step fwd on RF, Shimmy shoulders fwd, Pivot 1/4 turn L 12:00 7&8

(If you don't want to shimmy, just hold for the & counts)

S3: STOMP, TOE FAN, STOMP, TOE FAN, JAZZ BOX CROSS, WEAVE Stomp RF fwd, Fan toes out, in, out 12:00

3&4&	Stomp LF fwd, Fan toes out, in, out 12:00
5&6&	Cross RF over LF, Step back onto LF, Step RF to R side, Cross LF over RF 12:00
7&8&	Step RF to R side, Step LF behind RF, Step RF to R side, Cross LF over RF 12:00

S4: SIDE ROCK, RECOVER, KICK TOE TWICE, SIDE ROCK RECOVER, KICK TOE TWICE, STEP BACK TO DIAGONAL, TOUCH, STEP BACK TO DIAGONAL, TOUCH, MONTEREY 1/4 TURN

1&2&	Rock RF to R side, Recover onto LF, Kick RF twd twice 12:00
3&4&	Rock RF to R side, Recover onto LF, Kick RF fwd twice 12:00

Step back on RF to R diagonal, Touch L toe beside RF, Step back on LF to L diagonal, 5&6&

Touch R toe beside LF 12:00

Touch R toe to R side, Close RF beside LF while making ¼ turn R, touch L toe to L side, 7&8&

Close RF beside LF 3:00

Ending: On wall 8, dance up to the last section and modify counts 31& to make a ½ turn Monterey instead of a ¼ turn Monterey. You will finish facing the front wall.

Contact: Hcwheatley@live.com Laurasway@yahoo.com

^{**}Restart here during wall 3 facing 6:00**