

Throw It Back

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Phrased Intermediate
編舞者: Evan VanScoyk (USA) - July 2021
音樂: Throw It Back (feat. Keith Urban) - BRELAND



Notes: 1 Restart, Phrased Part A: 32 counts, Part B: 16 count
Sequence: ABAABAABA(16)ABB -- 7 rotations
*Part B is added on during each chorus of the song (rotation 1, 3, 5, 7)
**Repeat Part B an extra time after 7th rotation and then dance ends
***Restart after bridge of song (rotation 6)
****Gesture styling guide included

Dance begins immediately on lyrics

PART A

RIGHT SIDE BEHIND HEEL JACK CROSS, LEFT SIDE BEHIND HEEL JACK CROSS

1 2 Step R right (1), Step L behind (2),
3&4 Step R back diagonally R while touching L heel (3), Step L heel down in place (&), Step R
 across L (4)
5 6 Step L left (5), Step R behind (6),
7&8 Step L back diagonally L while touching R heel (7), Step L heel down in place (&) Step L
 across R (8)

STEP FLEX, TRIPLE KNEE POPS, HEEL SWITCH, MILITARY TURN ¼ LEFT

1 2 Step R diagonally forward (1), Lift L heel and bend L knee towards R (2)
3&4 Pop R knee while dropping L heel in place (3), Pop L knee (&), Pop R knee (4)
5&6 Tap R heel (5), Step R together (&), Tap L heel forward (6)
7 8 Step R forward (7), Pivot ¼ left (8)

***Restart here on rotation 6

STEP ACROSS TOUCH OUT x2 (R-L), KICK BALL CHANGE OUT x2 (R-L)

1 2 Step R across L (1), Touch L out left (2)
3 4 Step L across R (3), Touch R out right (4)
5&6 Kick R (5), Step R together (&), Touch L out left (6)
7&8 Kick L (7), Step L together (&), Touch R out right (8)

CHARLESTON INTO BACK PIVOT ½ COUNTER-CLOCKWISE TURN

1 2 Touch R forward (1), Step R back (2)
3 4 Touch L back (3), Step L forward (4)
5 6 Touch R forward (5), Step R back (6)
7 8 Touch L back (7), Pivot counter-clockwise ½ (8)

[Optional styling: on back pivot slowly swing arms as if swinging a baseball bat or rowing an oar]

*Add Part B/Tag on rotation 1, 3, 5, 7

**Repeat Part B/Tag on rotation 7 to end dance

>> Begin Again

PART B

HITCHING WALK BACK W/ FUNK

DROP ¼ RIGHT AND BOOTY POP x2, CHUG ¼ LEFT

1&2& Hitch R (1), Step R back (&), Hitch L (2), Step L back (&)
3&4& Hitch R (3), Step R back (&) Hitch L (4), Step L in place (&)
5-6 Open shoulders to face ¼ right and bend slightly and pop booty (5), Pop booty (6)

7 8 Paddle step R $\frac{1}{8}$ counter-clockwise (7), Paddle step R $\frac{1}{8}$ counter-clockwise (8)
[Optional styling: do Roger Rabbit or Running Man arm movements during hitching walk back]

JAZZ BOX, CLAP x2 + GESTURES + R HITCH

1 2 Step R across L (1), Step L back (2)
3 4 Step R back right (3), Step L to shoulder width (4)
5-6 Clap quickly twice & add Gestures
7-8 Continue Gestures & R Hitch

[See Gesture Style Guide below for suggested arm movements but have fun and freestyle gestures you prefer]

******Gesture Styling Guide**

Option A (inspired by Talia & Roger Scott TikTok)

Clap x2, Punch Fwd x2

Punch Back x2, R Hitch and Brush

5&6& Clap (5), Clap (&), Punch R fist downwards forward (6), Punch L downwards forward (&)
7& Punch R fist downwards behind R hip (7), Punch L fist downwards behind L hip (&),
8& Hitch R (8) Brush knee with hands (&)

Option B (inspired by Cat Daddy)

Clap x2, Punch x2

Arm Wheels w/ R Hitch

5&6& Clap (5), Clap (&), Punch R down across (6), Punch L fist down behind L hip (&)
7& Bend knees with arms by sides (7) Wheel arms in circle from front to back (&),
8& Hitch R with arm by sides (8) Wheel arms in circle from front to back (&)

Option C (inspired by Born to Hand Jive)

Clap x2, Knee Pat x2

Hitchhiker Thumbs w/ R Hitch

5&6& Clap (5), Clap (&), Knee Pat (6), Knee Pat (&)
7& Hitchhiker Thumb R (7), Hitchhiker Thumb R (&),
8& Hitch R Knee while Hitchhiker Thumb L (8), Hitchhiker Thumb L (&)

For questions or more dances find me on Facebook @EvanVChoreography

Last Update – 26 Feb. 2022-R2
