

# 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

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