

Throw it Back

拍數: 32 牆數: 4 級數: Improver / Intermediate
編舞者: Madi Garrett (USA) & Kathrine Lee (USA) - August 2021
音樂: Throw It Back (feat. Keith Urban) - BRELAND



Notes: Dance begins after 32 counts with 16 count TAG,
#32 count dance begins wall 2 (9 o'clock wall), with one Restart on Wall 8 after 16 counts.

INTRO (32 Counts)

TAG

[1-8] Forward Kick, step back, hips forward, ½ left turn paddle turns, body roll

- 1 R Foot Kick forward with arm throw
- 2 R Foot land back
- 3-4 Hips swing forward (3), bring R foot up to match L (4)
- 5-6 Counter Clockwise ½ turn with 2 paddle turns pivoting on L foot
- 7-8 Body Roll into sit position

[9-16] Heel Jacks (x2), side rock quarter turn, claps with ½ turn

- 1& R Heel out (1), recover (&)
- 2& L Heel out (2), recover (&)
- 3&4 Step out with R foot to side (3), side rock (&) and pivot ¼ turn counter clockwise (4)
- 5678 Claps (5&6&7&8) while walking half turn (can turn how you choose, walk, pivot, body shake, etc.)

**32 Counts - first time starts on 9o'clock wall

[1-8] Back Mambo, Side Mambo, Walk Back

- 1&2 Rock back onto R (1), Recover weight on L (&), Step R next to L (2)
- 3&4 Rock side to L onto L (1), Recover weight on R (&), Step L next to R (4)
- 5678 Walk backwards R, L, R, L

[9-16] R Sailor, L Sailor ¼ turn, R Toe, L Heel Touch, Shift Weight on Toes

- 1&2 Step R behind L (1), Step L to left side (&) Step R to right side (2)
- 3&4 Step L behind R (3), Step R ¼ turn counter clockwise(&), Step L to forward (4)
- 5 Touch R toe back
- 6 Touch L heel forward
- 7&8 Shift weight leaving feet planted: forward on L(7), Back on R(&), Forward on L(8)

[17-24] Walk Walk, Out Out, In In, Booty Shake, Forward Cross ½ turn

- 1-2 Walk forward R, L
- &3&4 R step to R side (&), L step to L side (3), R foot back to center (&), L foot back to center (4)
- 5-6 Shake Hips as you choose
- 7-8 R foot cross front of left (7), ½ turn counter clockwise unwind

[25-32] Cross Rock x2, Step, Hitch, Toe Point Pivot ½ Turn

- 1&2 Cross R over L (1), recover L(&), step R to R (2)
- 3&4 Cross L over R (3), recover R (&), Step L to L (4)
- 5-6 Step R forward (5), Hitch L across and hit knee with R hand
- 7 Step back with L
- 8 ½ turn counter clockwise, drag R foot to match L

