

Throw It Back!

拍數: 48 牆數: 4 級數: Phrased Intermediate
編舞者: Patti Birone (USA) & Meaghan Boyer (USA) - September 2021
音樂: Throw It Back (feat. Keith Urban) - BRELAND



INTRO: 32 counts

SEQUENCE : A,B,B,A,B,B,A,B(16), B,A,B
RESTART WALL 8 AFTER INSTRUMENTAL

PART A

Pony, ¼ Turn Step, Sway, Heel Switches

1&2 Step R back while popping L knee up (1) Step L next to R (&) Step R back while popping L knee up (2)
3-4 Turn ¼ L taking Big Step L (3) Drag R next to L (4)
5-6 Sway hips R (5) then L (6)
7&8& Touch R heel forward (7) Step R to center (&) Touch L heel forward (8) Step L to center (&)

¼ Turn Pivot, Kick & Point (x2), ½ Turn Pivot

1&2 Step forward R (1) Recover L with ¼ turn L (&) Touch R together (2)
3&4 Kick R forward (3) Step R next to L (&) Point L to side (4)
5&6 Kick L forward (5) Step L next to R (&) Point R to side (6)
7&8 Step forward R (7) Recover L with ½ Turn L (&) Touch R next to L (8)

Note: Brush R hand back on R hip (7) Brush R hand forward on R hip (&) Clap (8)

PART B

Side Rock Recover R, L, Swivel, ¼ Turn Kick, Step Back

1-2 Rock R to R side (1) Recover L bringing R to center (2)
3-4 Rock L to L side (3) Recover R bringing L to center (4)
5&6 Swivel R heel out (5) Swivel R toe out (&) Swivel R heel out (6)
7-8 Turn ¼ L while kicking L forward (7) Step L back (8)

Coaster, Full Turn, Press Front L, R

1&2 Step R back (1) Step L together (&) Step R forward (2)
3-4 ½ Turn over R shoulder stepping back on L (3) ½ Turn over R shoulder stepping R forward (4)
5&6 Press L forward (6) body roll (&) Bring L to center (6)
7&8 Press R forward (7) body roll (&) Bring R to center (8)

***RESTART on WALL 8 (you will be facing 9 o'clock wall)**

Step Back R, L, Coaster, ¼ Turn Jazz Box

1-2 Walk back R (1) Walk back L (2)
3&4 Step R back (3) Step L together (&) Step R forward (4)
5-8 Cross L over R (5) Step back R (6) ¼ Turn L stepping L to side (7) Touch R beside L (8)

Back Hip Bump R, L, Back Coaster, Front Coaster

1&2 Step R back bump R, L, R
3&4 Step L back bump L, R, L
5&6 Step R back (5) Step L beside R (&) Step R forward (6)
7&8 Step L forward (7) Step R beside L (&) Step L back (8)

Last Update - 19 Sept. 2021

