

# 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**

