

# Throw It Back (T.I.B)

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: High Intermediate  
編舞者: Bryan "The Outlaw" Simmons (USA) - April 2023  
音樂: Throw It Back (feat. Keith Urban) - BRELAND



## Shuffle Forward right, Shuffle forward left

1&2      Shuffle right foot forward  
3&4      Shuffle left foot forward

## Quick Rock, step back right, cross and cross stepping back with right

5      Step right foot forward  
&      Rock weight back to left foot  
6      Step right foot back  
&      Cross left foot over right  
7      Step right foot back  
&      Cross left foot over right  
8      Step right foot back

## Reverse Pivots

1-2      Step back left reverse pivot 1/2 turn over left shoulder  
3-4      Step back left reverse pivot 1/4 turn over left shoulder

## Elvis legs and strut backwards

5      Bend right knee in  
&      Shift weight to right foot and bend left knee in  
6      Shift weight to left foot and bend right knee in  
7-8      Step back Right then step back left

## Stomping sailor steps into hip bumps

1      Step right forward diagonal  
2      Sailor step crossing left behind right  
&      Quick step right with right foot  
3      Step left to left diagonal  
4      Sailor step crossing right behind left  
&      Quick step left foot to left  
5-8      Hip Bumps forward diagonal right right, back left left

## Turning hip bumps

1      Step right foot forward bumping hips forward  
2      Turn 1/2 left and bump hips backward (weight on right)  
3      Lifting left foot turn 1/2 turn left and bump hips forward  
4      Step left foot forward and bump hips forward

## Pivot turn, shuffle

5      Step right foot forward  
6      Pivot 1/2 turn left  
7&8      Shuffle forward right, left, right

## TAG

### Step, slap, step, slap, point and stomp

1      Step right foot right  
&      Slap left foot behind right knee

2 Step left foot left  
& Slap right foot behind left knee  
3 Point right foot to right side  
& Lift right foot  
4 Stomp right foot forward

**Twist and kick and twist and kick (no pause)**

5 Twist heels to right  
& Recover heels to home position  
6 Kick right foot forward  
& Step right foot back  
7 Twist heels to left  
& Recover heels to home position  
8 Kick left foot forward  
& Stomp left foot forward

**Slow Hip roll as turn ½ right, claps and stomps**

1-2 1 full rotation of hips as turn ¼ turn right (weight more or less equally split)  
3-4 Repeat hip roll and turn, end with weight back on left  
5 Stomp right foot forward  
&a6 Clap 3 times quickly (matching music)  
7 Stomp right foot forward  
&a8 Clap 3 times quickly (matching music)

**\*\*\*3 TAGS**

After 1st rep

After 3rd rep

Fun Option: TOOT TOOT (pull down like pulling train whistle) during hip on 4th rep

After 5th rep

**RESTART 16 counts into the 6th rep**

**DOUBLE TAG at end of song after restarting and completing 6th rep**

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