

# Throw Away

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Sho Botham (UK)  
音樂: I Ain't Never - BR5-49



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## STOMPS AND SWIVETS

- 1-2            Stomp right beside left twice
- 3-6            Swivet right, swivet left
- 7-8            Step right back, step in place left

## SHUFFLES AND TURNS

- 9&10          Shuffle forward right-left-right (or triple)
- 11&12        Shuffle forward left-right-left (or triple)
- 13-14        Basketball (pivot) turn right (turning ½ to left)
- 15&16        Shuffle forward right-left-right
- 17&18        Shuffle forward left-right-left
- 19-20        Basketball (pivot) turn right (turning ½ to left)
- 21-22        Cross right over left and unwind legs by turning ½ turn to left
- 23-24        Stomp right beside left, jump or scoot forward (both feet together)

## TOES AND HEELS TRAVEL

- 25-27        Travel to right side alternating toes and heels (toes right, heels right, toes right)
- 28            Clap
- 29-31        Travel to left side alternating toes and heels (toes left, heels left, toes left)
- 32            Clap

## REPEAT

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