

# Throw It

拍數: 32      牆數: 4      級數: Improver  
編舞者: Lisa B. Martin  
音樂: Roll the Dice - Lulu



## **SIDE SHUFFLE PIVOT ½ STEP, SHUFFLE FORWARD, ROCK STEP, STEP BACK**

1&2      Step right to right side, step left beside right, step right to right side  
3&4      Step forward left, pivot ½ right, step forward left  
5&6      Step forward right, step left next to right, step right forward  
7&8      Rock forward on left, recover on right, step back left

## **BACK SHUFFLE, PIVOT ½ SHUFFLE, PIVOT ½ TURN BACK SHUFFLE, SHUFFLE**

1&2      Step right back, step left next to right, step right back  
3&4      Pivot ½ left step forward on left, step right next to left, step forward left  
5&6      Pivot ½ left step back right, step left next to right step back right  
7&8      Step forward left, step right next to left, step forward left

## **CHARLESTON STEP, SAILOR STEP, ¼ SAILOR STEP**

1-2      Sweep right forward, step right next to left  
3-4      Sweep left back, step left next to right  
5&6      Step right behind left, step left to left side, step on right  
7&8      Step left behind right, step right ¼ right, step left to left side

## **SIDE SHUFFLE, ROCK STEP, CROSS SHUFFLE, STEP TOUCH**

1&2      Step right to right side, step left next to right, step right to right side  
3&4      Rock back on left, recover on right, step left to left side  
5&6      Cross right over left, step left to left side, cross right over left  
7-8      Step left to left side, touch right next to left

## **REPEAT**

## **TAG**

At the end of wall 6 hold for 4 counts

---