

# Throwdown

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: John Robinson (USA)  
音樂: Ain't Livin' Long Like This - Andy Griggs



## WALK RIGHT, LEFT, RIGHT HEEL GRIND, BACK RIGHT, LEFT, HEEL SPLIT

- 1-2 Step right forward, step left forward
- 3-4 Right heel touch forward turning toe toward left side, right heel grind rotating toe to right side
- 5-6 Step right back, left step next to right
- 7-8 With weight on balls of feet split heels apart, return heels home shifting weight to left

## WALK RIGHT, LEFT, RIGHT HEEL GRIND, BACK RIGHT, LEFT, HEEL SPLIT

**This is an exact repeat of the first 8 counts**

- 1-2 Step right forward, step left forward
- 3-4 Right heel touch forward turning toe toward left side, right heel grind rotating toe to right side
- 5-6 Step right back, left step next to right
- 7-8 With weight on balls of feet split heels apart, return heels home shifting weight to left

## RIGHT VINE, LEFT TOUCH, HEEL-TOE-HEEL-HOOK COMBINATION

- 1-2 Right step side right, left step behind left
- 3-4 Right step side right, left touch next to right
- 5-6 Left heel touch forward, left toe touch back
- 7-8 Left heel touch forward, left hook across right shin

## LEFT VINE WITH ¼ TURN LEFT, RIGHT TOUCH OUT-IN 2X

- 1-2 Left step side left, right step behind left
- 3-4 Left step ¼ turn left, right touch next to left
- 5-6 Right toe touch side right, right touch next to left
- 7-8 Right toe touch side right, right touch next to left

**The next 16 counts are an exact repeat of the previous two 8-count patterns**

## RIGHT VINE, LEFT TOUCH, HEEL-TOE-HEEL-HOOK COMBINATION

- 1-2 Right step side right, left step behind left
- 3-4 Right step side right, left touch next to right
- 5-6 Left heel touch forward, left toe touch back
- 7-8 Left heel touch forward, left hook across right shin

## LEFT VINE WITH ¼ TURN LEFT, RIGHT TOUCH OUT-IN 2X

- 1-2 Left step side left, right step behind left
- 3-4 Left step ¼ turn left, right touch next to left
- 5-6 Right toe touch side right, right touch next to left
- 7-8 Right toe touch side right, right touch next to left

## ANGLED STOMP FORWARD, CLAP (RIGHT THEN LEFT), WALK BACK RIGHT-LEFT-RIGHT-LEFT

- 1-2 Right stomp forward angling body diagonally right, hold position/clap hands
- 3-4 Left stomp forward angling body diagonally left, hold position/clap hands
- 5-6 Step right back, step left back
- 7-8 Step right back, step left back

## ALTERNATING HEEL STEPS (RIGHT-LEFT-RIGHT-LEFT) MAKING ¾ LEFT TURN

- 1-2 Right heel touch forward, right step home turning ¼ left
- 3-4 Left heel touch forward, left step home turning ¼ left

5-6 Right heel touch forward, right step home turning  $\frac{1}{4}$  left  
7-8 Left heel touch forward, left step next to right

**REPEAT**

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