

## **Throw It Back**

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Intermediate Level Dance.
Choreographed by: Donna Manning (USA) Mar 2022
Choreographed to: Throw It Back by BRELAND feat Keith Urban
Intro: 32 Counts. Start at approx 21 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	STEP BACK, REPLACE, ROCK, REPLACE, COASTER STEP, PAUSE, BALL STEP
1-2	Step R back, replace weight to L
Styling	Sit back into the R hip
3-4	Rock R fwd, replace to L
Option	Can add heel swivels to the R, dip down into the rock
5&6	Step R back, bring L to R, step R fwd
7&8	Hold, step ball of L next to R, step R fwd
SEC 2	ROCK REPLACE, ½ TURN, ½ TURN, OUT OUT, HIP BUMPS
1-2	Rock L fwd, replace to R
Styling	Start looking over your L shoulder
3-4	½ Turn L stepping L fwd, ½ turn L stepping R back (12:00)
5&6&	Step L out to L side as you slap L thigh, step R out to R side as you slap R thigh, 2 claps
7&8&	Hip bumps R L R L
Restart	Here on Walls 1&4
SEC 3	SAILOR ¼ TURN, ¼ STEP, STEP, TOUCH, SYNCOPATED ROCKING CHAIR, ¼ STEP, STEP, TOUCH
<b>SEC 3</b> 1&2	SAILOR ¼ TURN, ¼ STEP, STEP, TOUCH, SYNCOPATED ROCKING CHAIR, ¼ STEP, STEP, TOUCH Step R behind L making ¼ turn R on the ball of R, step L slightly to L side, step R fwd (3:00)
<b>SEC 3</b> 1&2 3&4	SAILOR ¼ TURN, ¼ STEP, STEP, TOUCH, SYNCOPATED ROCKING CHAIR, ¼ STEP, STEP, TOUCH Step R behind L making ¼ turn R on the ball of R, step L slightly to L side, step R fwd (3:00) Step L fwd and on the ball of L make ¼ turn R, Step R in place, touch L next to R (7:30)
SEC 3 1&2 3&4 5&6&	SAILOR ¼ TURN, ¼ STEP, STEP, TOUCH, SYNCOPATED ROCKING CHAIR, ¼ STEP, STEP, TOUCH Step R behind L making ¼ turn R on the ball of R, step L slightly to L side, step R fwd (3:00) Step L fwd and on the ball of L make ¼ turn R, Step R in place, touch L next to R (7:30) Cross rock L over R, replace to R, back rock L, replace to R
SEC 3 1&2 3&4 5&6& 7&8	SAILOR ¼ TURN, ¼ STEP, STEP, TOUCH, SYNCOPATED ROCKING CHAIR, ¼ STEP, STEP, TOUCH Step R behind L making ¼ turn R on the ball of R, step L slightly to L side, step R fwd (3:00) Step L fwd and on the ball of L make ¼ turn R, Step R in place, touch L next to R (7:30) Cross rock L over R, replace to R, back rock L, replace to R Step L across R making ¼ turn L, step R next to L, touch L next to R (4:30)
SEC 3 1&2 3&4 5&6&	SAILOR ¼ TURN, ¼ STEP, STEP, TOUCH, SYNCOPATED ROCKING CHAIR, ¼ STEP, STEP, TOUCH Step R behind L making ¼ turn R on the ball of R, step L slightly to L side, step R fwd (3:00) Step L fwd and on the ball of L make ¼ turn R, Step R in place, touch L next to R (7:30) Cross rock L over R, replace to R, back rock L, replace to R
SEC 3 1&2 3&4 5&6& 7&8 Styling	SAILOR ¼ TURN, ¼ STEP, STEP, TOUCH, SYNCOPATED ROCKING CHAIR, ¼ STEP, STEP, TOUCH Step R behind L making ¼ turn R on the ball of R, step L slightly to L side, step R fwd (3:00) Step L fwd and on the ball of L make ¼ turn R, Step R in place, touch L next to R (7:30) Cross rock L over R, replace to R, back rock L, replace to R Step L across R making ¼ turn L, step R next to L, touch L next to R (4:30) Look over your R shoulder-that's your target wall and cool styling  3/4 WALK AROUND, STEP, SIDE TOE SWITCHES, BALL HEEL, BALL STEP HITCH
SEC 3 1&2 3&4 5&6& 7&8 Styling SEC 4 1-2-3-4	SAILOR ¼ TURN, ¼ STEP, STEP, TOUCH, SYNCOPATED ROCKING CHAIR, ¼ STEP, STEP, TOUCH Step R behind L making ¼ turn R on the ball of R, step L slightly to L side, step R fwd (3:00) Step L fwd and on the ball of L make ¼ turn R, Step R in place, touch L next to R (7:30) Cross rock L over R, replace to R, back rock L, replace to R Step L across R making ¼ turn L, step R next to L, touch L next to R (4:30) Look over your R shoulder-that's your target wall and cool styling  ¾ WALK AROUND, STEP, SIDE TOE SWITCHES, BALL HEEL, BALL STEP HITCH Walk L-R-L-R ¾ around to the L (1:30)
SEC 3 1&2 3&4 5&6& 7&8 Styling	SAILOR ¼ TURN, ¼ STEP, STEP, TOUCH, SYNCOPATED ROCKING CHAIR, ¼ STEP, STEP, TOUCH Step R behind L making ¼ turn R on the ball of R, step L slightly to L side, step R fwd (3:00) Step L fwd and on the ball of L make ¼ turn R, Step R in place, touch L next to R (7:30) Cross rock L over R, replace to R, back rock L, replace to R Step L across R making ¼ turn L, step R next to L, touch L next to R (4:30) Look over your R shoulder-that's your target wall and cool styling  3/4 WALK AROUND, STEP, SIDE TOE SWITCHES, BALL HEEL, BALL STEP HITCH

Quickly bring L to center, R heel fwd, R to center, step L fwd, small R hitch



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