

# Throw It Back

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**Count:** 128      **Wall:** 1      **Level:** Phrased Intermediate

**Choreographer:** Gemma Ridyard & Tim Johnson (July 2016)

**Music:** 'Throwback' By Dawin (single 2016)

**Order: A, B, B, A, B, B, A, B, B, B**

**Just A Little To Say Note Although it is Long there is repetition & We Hope You Will Give It A Try!**

**Part A: 64 counts**

**A1: Walk LR, L Sailor Step, R touch, R Point, Hold, Unwind**

- 1,2**      Step LF forward, Step RF forward (slightly angling upper body to 11:30)
- 3&4**      Step L Behind R, Step R To R Side, Step L To L Side
- &5,6**      Touch R Next To L (&), Point R To R side (5), Hold (6)
- 7,8**      Touch R Toe Behind Left (7) Unwind Full Turn, Weight Finishes On R (8) (12 o'clock)

**A2: Walk LR, L Sailor Step, R Touch, R Point, Hold, Kick & Touch**

- 1,2**      Step LF Forward, Step RF forward (slightly angling upper body to 11:30)

**\*\* Styling option Boogie Walks, Knees pop out and centre)**

- 3&4**      Step L Behind R, Step R To R Side, Step L To L Side
- &5,6**      Touch R Next To L (&), Point R To R side (5), Hold (6)
- 7&8**      Travelling slightly to R Side, Kick R to Right Diagonal (7) Step R To R Side (&), Touch L Toe Behind R (8)

**\*\* Optional Styling on the Kick & Touch as you Kick right hand rises toward R should Left Hand Drops, as you step R to R side L Hand Rises R Hand Drops, As You Touch R Hand Rises L Hand Drop\*\***

**A3: ¼ L, ¼ L, L Coaster Step, R flick, R Hitch Step, Hold, Body Roll**

**1,2¼ turn L Stepping Forward On L, ¼ turn L Step RF To Right Side**

- 3&4**      Step LB , Step R Next To Left, Step Forward On Left As You Flick RF To Right Side
- &5,6**      Hitch R Knee Forward (&) Step RF Forward (5) Hold (6)

**7,8** Body Ripple From Head To Toe, Weight Finishing Back On LF (6 o'clock)

**A4: R Toe Back Unwind ½ turn, Back Sweep, Back Sweep, Sailor ½ turn, Hitch L, Hitch R**

**1,2** Touch R Toe Back (1), Unwind Half Turn Over R Shoulder (2) (12o'clock) Keep Weight Back On L Foot

**3,4** Step Back On R Sweeping LF From F To B (3), Step Back On L Sweeping RF From F To B

**5&6** Cross R Behind L, Make ½ Turn R Stepping L to L Side, Step R to R side (Feet Finish Shoulder Width Apart)(6 o'clock)

**7&8** Hitch L Knee (7), Step L Foot Down (&), Hitch R Knee

**A5: Step Hitch Step, Arms Push forward, Fingertips together, Hands To Heart, Body Roll (SNAP), Reverse Paddle ½ Turn**

**&1, 2(Travelling Towards 7:30) Step RF Forward (&), Bring LF Toward R As You Hitch R Knee (1) Step RF Forward (2) (7:30)**

**3&4** Push Both Arms F At Chest Height Palms Together R Over L (3) Open Palms So Finger Tips Are Touching (&) Bring Both Hands To Heart (4)

**5,6** Begin A Body Roll ( From Head To Toe) (5) Complete The Body Roll Taking R Arm High L Arm Low (Diagonal) Snap Fingers Weight Finishing Back On L (6)

**7&8** Keeping R Arm High, Turning Over R Shoulder, Tap R Toe X3 completing a ½ turn (7&8) (1:30)

**A6: Walk RL, C Shape Hip Bump ½ Turn With R Hitch, Walk LR, Sailor ½ Turn**

**1,2** Step RF Forward, Step LF Forward (1:30)

**3&4** Hitch R Knee & Bump R Hip Up To R Making ¼ Turn L (3) (11:30) Step R Down And Bump Hips L (&), Bump Hips Down To Right Making ¼ Turn L, Weight Back On R (4) (7:30)

**5,6** Step LF Forward, Step RF Forward (7:30)

**7&8** Cross L Behind R, Make 5/8 L Stepping R to R Side, Step L Forward (12 o'clock)

**A7: Camel Walks RL, Back Hitch, Back Hitch, R Coaster Step**

**1,2** Step RF Forward & Pop L Knee (1), Step LF Forward & Pop R Knee (2)

**3,4** Step RF Back (3) Hitch L Knee & Throw R Hand Forward (4)

**5,6** Step LF Back (5) Hitch R Knee & Throw L Hand Forward (4)

**7&8** Step RF Back, Step L Next To R, Step RF Forward

### **A8: Side Cross Side Touch, Side Cross Side Hitch**

- 1,2,3,4** Step LF To L Side, Cross RF Over L, Step L to L Side, Touch R Next To L- Snap fingers down
- 5,6,7,8** Step RF To R Side, Cross LF Over R, Step R to R Side, Hitch L Next To R - Pointing R Hand Up Toward Ceiling (Usain Bolt)

### **Part B; 64 Counts**

#### **B1: Left Heel Toe Heel, Slide L To R, L Side Hold & Side Cross**

- 1&2** Step LF To L side, Swivel LF Heel, Toe, Heel ( Weight On R)
- 3,4** Drag LF To R
- 5,6** Step LF To L (5) Hold (6)
- &7,8** Step R Next To L (&) Step L To L Side (7) Cross R Over L

#### **B2: ¼ L, 2x Paddle 1/8 Turn L, Close R, House Tap L & R**

- 1,2,3,4** Make A ¼ Turn L Stepping L Foot Forward (1) (9 o'clock) Paddle R 2x 1/8 Turn Left, As You Do That Lift Left Toes Up (2,3) (6 o'clock) Close RF To Left(4)
- 5,6,7,8** Press Ball Of LF To L (5) Close LF To R (6) Press Ball Of RF To R Side (7) Close RF To Left (8) (6 o'clock)

#### **B3: Back Ball Step L X 3, Back Ball Step R X 3**

- 1&2** Step LF B (1) Step R Next To L (&) Step LF B (2)
- &3&4** Step R Next To L (&) Step LF B (3) Step R Next To L (&) Step LF B (4)
- 5&6** Step RF B (5) Step L Next To R (&) Step RF B (6)
- &7&8** Step L Next To R (&) Step RF B (7) Step L Next To R (&) Step RF B (8)

**\*\*Styling As You Travel Back Both Hands In Fists Above Head\*\***

#### **B4: Walk Forward L,R,L,R, Out Out, Touch L, Hold**

- 1,2,3,4** Step LF Forward, Step RF Forward, Step LF Forward, Step RF Forward
- 5,6** Step LF To L Side - Brush R Hand On L Shoulder (5) Step Rft To R Side - Brush L Hand On R Shoulder (6)
- 7,8** Touch LF Next To R (7) Hold - Throw Hands Out Wide (8)

**\*\* Repeat B Again To Complete The 64 Counts \*\***

**Happy Dancing Everyone**

**Love Gem & Tim: Email; jamjar100@hotmail.com**

**Last Update - 21st Aug 2016**

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