

Throw It Down

LINEDANCE.COM

Count: 32 **Wall:** 2 **Level:** Beginner / Intermediate

Choreographer: Lisa Capelle (6th Dec 2011)

Music: Drink In My Hand by Eric Church

Alternate music:

Good To Be Me by Uncle Kracker

Ain't No Other Man by Christina Aguilera

Start on Lyrics - no tags/no restarts

S1. L side rock, recover R, behind side cross, R side rock, recover L behind side, left $\frac{1}{4}$ turn left

1,2 Rock left foot out to the side, recover right

3&4 **cross left behind right, step right to side, cross left over right**

5,6 Rock right foot out to the side, recover left

7&8 **cross right behind left, step left to side, step right forward turning / $\frac{1}{4}$ turn left**

S2. Step lock(or touch) shuffle (LRL), rock (R) recover (L) shuffle (RLR)

1,2 **step L, lock R (or step touch)**

3&4 **shuffle LRL**

5,6 **rock forward on rt foot, recover left**

7&8 **shuffle RLR**

S3. Step L touch R together, step R touch L together, rock (L) recover (R) walk (L) walk (R)

1,2 **step left back touch right (diagonal)**

3,4 **step right back touch left (diagonal)**

5,6 **rock left foot back, recover right**

7,8 walk forward L,R

S4. Step $\frac{1}{2}$ turn pivot right, step $\frac{1}{4}$ turn pivot right, Jazz box w/cross over

1,2 step forward on left pivot $\frac{1}{2}$ turn right

3,4 step forward on left pivot $\frac{1}{4}$ turn right

5,6,7,8 Jazz box cross left over right, step right back, bring left foot to the side, end jazz box by crossing right foot over left

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=85327