

Throwback Song

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Cody Flowers (USA) & Jo Thompson Szymanski (USA) - March 2022

Music: - Ingrid Michaelson

Dance starts after 16 counts (approx. 12 seconds)

Restart (Wall 3 after 16 counts)

[1-8] BIG STEP R, DRAG, BALL CROSS, $\frac{1}{4}$ L, $\frac{1}{4}$ L COLLECT, CROSS, $\frac{1}{4}$ R, $\frac{1}{4}$ R SWEEP

1 2 Big step to right with RF, Drag LF heel toward RF (12:00)

&3 Step LF beside RF, Cross RF over LF (12:00)

4 $\frac{1}{4}$ Turn left stepping LF forward

&5 $\frac{1}{4}$ Turn left stepping RF to right side, Collect LF beside RF (6:00)

678 Cross RF over LF, $\frac{1}{4}$ Turn right stepping back on LF, $\frac{1}{4}$ Turn right stepping RF to right side while sweeping LF from the back to the front (12:00)

[9-16] CROSS, BACK, BALL, CROSSING TRIPLE, $\frac{1}{4}$ L TOUCH, HIP FWD, HIP BACK, STEP, $\frac{1}{4}$ L HITCH

1 2 Cross LF over RF, Step back on RF (12:00)

&3&4 Step LF beside RF, Cross RF over LF, Step LF to left side, Cross RF over LF (12:00)

&5 6 $\frac{1}{4}$ Turn left touching left toes forward, Step LF forward while bumping left hip forward, Recover weight back on RF while bumping right hip back (3:00)

7 8 Transfer weight onto LF, $\frac{1}{4}$ Turn left hitching right knee snapping both hands up (6:00)

***Restart Here on wall 3 facing 12:00**

[17-24] GLIDING BOX TURNING $\frac{1}{2}$ L, TOUCH/BUMP, GLIDING BOX TURNING $\frac{1}{2}$ R, TOUCH/BUMP

1 2 Step RF to right side, $\frac{1}{4}$ Turn left stepping LF to left side (3:00)

3 4 $\frac{1}{4}$ Turn left stepping RF to right side, Touch LF to left side while bumping left hip to front diagonal (12:00)

5 6 Step weight down on LF, $\frac{1}{4}$ Turn right stepping RF to right side (3:00)

7 8¼ Turn right stepping LF to left side, Touch RF to right while bumping right hip to front diagonal (6:00)

[25-32] BEHIND & HEEL, & CROSS & HEEL, & STEP HEEL SWIVEL, BALL STEP, ¾ TURN R

- 1&2** Step RF behind LF, Step LF beside RF, Touch right heel toward right diagonal (6:00)
- &3&4** Step RF beside LF, Cross LF over RF, Step RF to right, Touch left heel toward left diagonal (6:00)
- &5&6** Step LF beside RF, Step RF forward, Go up on balls of feet while twisting both heels right, Recover weight on LF while centering heels back to 6:00
- &7&** Step RF beside LF, Step LF forward, ¼ Turn right swiveling right heel toward LF (3:00)

8&¼ Turn right swiveling left heel away from RF, ¼ Turn right hitching right knee (9:00)

Begin again! Enjoy!

Ending: Last wall starts facing 6:00. Dance through count 16 to end facing 12:00 on hitch/snap.

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