

Throw It Back

Competition Step Sheet

DIVISION: Advanced Junior, Teen & Young Adult

Description: Phrased, 2 Walls, Street, Non-Country
Choreographer: Gemma Ridyard & Tim Johnson
Music: Throwback by Dawin
Album: Throwback (Single)
Count-in: 16 Count Intro
Note: Dancers will dance as follows: A Vanilla, B Vanilla, B Vanilla, A Variation, B Variation, B Variation, Vanilla to finish



Sequence: A B B A B B A B B B

Part A: 64 counts

1-8 Walk LR, L Sailor Step, R touch, R Point, Hold, Unwind

1,2 Step LF forward, Step RF forward
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) (12.00)

9-16 Walk LR, L Sailor Step, R Touch, R Point, Hold, Kick & Touch

1,2 Step LF Forward, Step RF forward
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)

17-24 ¼ L, ¼ L, L Coaster Step, R flick, R Hitch Step, Hold, Body Roll

1,2 ¼ 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 R 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)

25-32 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 front to back (3), Step Back On L Sweeping RF From front to back
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 (8)

33-40 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)

- 41-48 Walks, 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)
- 49-56 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 (4)
 5,6 Step LF Back (5) Hitch R Knee (4)
 7&8 Step RF Back, Step L Next To R, Step RF Forward
- 57-64 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
 5,6,7,8 Step RF To R Side, Cross LF Over R, Step R to R Side, Hitch L Next To R

Part B: 32 Counts

- 1-8 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
- 9-16 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)
- 17-24 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)
- 25-32 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 (5) Step RF To R Side (6)
 7,8 Touch LF Next To R (7) Hold (8)

Begin again! ☺