

# Throwin' It Down

**COPPER KNOB**  
BYEFOURTEENS

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Lisa Johns-Grose (USA) & Eddie Huffman (USA) - July 2012

**Musique:** My Kinda Crowd - Kaleb McIntire



**Start dancing on lyrics**

## **STEP SIDE, TRIPLE BACK, SIDE, FORWARD**

- 1-2 Step right side, step left together
- 3&4 Chassé back right-left-right
- 5&6 Chassé side left-right-left
- 7&8 Chassé forward right-left-right

## **ROCK FORWARD, RECOVER, TURN ½ LEFT, TRIPLE FORWARD, ROCK, RECOVER, COASTER**

- 1&2 Rock left forward, recover to right, turn ½ left stepping left forward
- 3&4 Chassé forward right-left-right
- 5-6 Rock left forward, recover to right
- 7&8 Step left back, right together, step left forward

## **FORWARD MAMBO, RUN BACK, REVERSE ROCKING CHAIR, COASTER**

- 1&2 Rock right forward, recover to left, step right together
- 3&4 Step back left, right, left
- 5&6& Rock right back, recover to left, rock right forward, recover to left
- 7&8 Step right back, step left together, cross right over left

## **SWAY LEFT, RIGHT, TURN 1/4 LEFT TRIPLE, TOE STRUT WITH HIP BUMP**

- 1-2 Sway left to side, sway right to side
- 3&4 Chassé side left-right-left turning 1/4 left
- 5-6 Step right toe forward with right hip bump, step right heel down
- 7-8 Step left toe forward with left hip bump, step left heel down

**REPEAT**

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