

Throw It Out

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Ryann Corpuz (USA) & Parker Riker (USA) - May 2025
音乐: Lasso - Jake Banfield



Intro: 16 ct from the start of the song (Dance starts at 0:10 seconds)

No tags or restarts

[1-8] R Cross Rock Recover, R Rock Recover, RF Cross Unwind to 06:00 wall, R Sailor Step, Behind Step Touch Slide

- 1 & 2 & (1)Cross step fwd RF over LF, (&)Recover on LF, (2)Rock RF out to the right, (&)Recover on LF
- 3 - 4 (3)Cross RF over LF, (4)Unwind to the back wall 06:00
- 5 & 6 (5)Step RF behind LF, (&)Step LF out to the left, (6)Step RF out to the right
- & 7 & 8 (&)Step LF behind RF, (7)Step RF out the the right, (&)Touch LF next to RF, (8)Heavy step out to the left with LF dragging RF in towards the center

[9-16] Forward, Touch, Back, Kick, Sweep, R Hitch, R Forward Shuffle, Triple ¼ Turn

- 1 & 2 & (1) Step RF forward, (&) touch L toe behind RF, (2) step LF back, (&) kick RF forward
- 3 & 4 (3) Step back with R as you sweep LF back and (4) Step back on LF as you hitch R knee up
- 5 & 6 (5)Step RF forward, (&)Step LF next to RF, (6)Step RF forward
- 7 & 8 (7) ¼ turn over right shoulder stepping forward on L, (&)Step R next to L, (8) ¼ turn over right shoulder stepping forward on LF to face 12:00 wall

[17-24] Knee Pops, X2 R Paddles ¼ Turn, R Cross & Heel, Ball Cross, ¼ Turn Sweep

- 1 - 2 (1) Step RF forward, L knee pops, (2) Step LF forward, R knee pops
- 3 & 4 & (3) Step R forward with ⅛ turn over left shoulder (facing 10:30 wall), (&)Recover weight on LF, (4)Step R forward with ⅛ turn over left shoulder (end facing 09:00 wall), (&)Recover weight on LF
- 5 & 6 - (5)RF cross step in front of LF, (&) Step out to the left with LF, (6) Touch R heel out to the right
- & 7 - 8 - (&) Step RF next to LF, (7) Cross LF in front of RF, (8) Step out on RF with a ¼ turn over left shoulder sweeping LF around to face 06:00 wall

[25-32] L Coaster Step, Full Turn, Wizard R, Wizard L

- 1 & 2 - (1)Step LF back, (&)Step RF next to LF, (2)Step LF forward (prepping weight on LF to turn counterclockwise)
- 3 - 4 - (3)Full turn on RF over left shoulder, (4)Land fwd on LF
- 5 - 6 & - (5)Step RF to R diagonal, (6)Step LF behind RF, (&)Step RF to R diagonal
- 7 - 8 & - (7)Step LF to L diagonal, (8)Step RF behind LF, (&)Step LF to L diagonal

Dance repeats on wall 06:00 and 12:00, NO Tags or Restarts!