

# Throwback Love



Count: 56

Wall: 0

Level: Phrased Intermediate

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Music: "Throwback Love" by Meghan Trainor

Sequence: A-B-B-A (Restart) A-B-B-A-B-B

Starts after: 16 Counts ( +/- 17 Sec. on Track)

## PART A: 32 counts

### A1: RUMBA BOX, R/L, MAMBO FWD 1/2 TURN R, SHUFFLE 1/2 TURN R

1	RF	Step to right side	
&	LF	Close next to RF	
2	RF	Step forward	
3	LF	Step to left side	
&	RF	Close next to LF	
4	LF	Step forward	
5	RF	Step forward	
&	LF	Recover weight, 1/4 Turn right	(3.00)
6	RF	1/4 Turn right, stepping forward	(6.00)
7	LF	1/4 Turn right, stepping to left side	(9.00)
&	RF	Close next to LF	
8	LF	1/4 Turn right, stepping backwards	(12.00)

### A2: MAMBO BACK, HEEL, HEEL, TOGETHER, CROSS STEP, SNAP, TOUCH SIDE 2X, SAILOR STEP R

1	RF	Step backwards	
&	LF	Recover weight	
2	RF	Step forward on the heel	
&	LF	Step forward on the heel	
3	RF	Close next to LF	
&	LF	Cross over RF	
4		Snap your fingers	
5	RF	Touch to right side	
&	RF	Touch next to LF	
6	RF	Touch to right side	
7	RF	Cross behind LF	
&	LF	Small step to left side	
8	RF	Step to right side	

\* RESTART POINT IN 2ND TIME PART A

### A3: BALL CHANGE, SNAP, 1/4 TURN L, SNAP, 1/4 TURN L, SNAP, SIDE STEP, SNAP, JAZZBOX R, SHORTY GEORGE

&	LF	Step next to RF	
1	RF	Step to right side	
&		Snap the fingers	
2	LF	1/4 Turn left, stepping forward	(9.00)
&		Snap the fingers	
3	RF	1/4 Turn left, stepping to right side	(6.00)
&		Snap the fingers	
4	LF	Step to left side	
&		Snap the fingers	
5	RF	Cross over LF	
&	LF	Step backwards	
6	RF	Step to right side	
&	LF	Step forward	
7	RF	Step forward, Pushing the knee's to right	
&	LF	Step forward, Pushing the knee's to left	
8	RF	Step forward, Pushing the knee's to right	
&	LF	Step forward, Pushing the knee's to left	

**A4: HEEL STEP, 1/4 TURN R, ROCK STEP - 2X, KICK, BEHIND, SIDE, CROSS - 2X**

1	RF	Heel forward
&	LF	1/4 Turn right, Recovering weight
2	RF	Step backwards
&	LF	Recover weight
3	RF	Heel forward
&	LF	1/4 Turn right, Recovering weight
4	RF	Step backwards
&	LF	Recover weight
5	RF	Kick diagonal right forward
&	RF	Cross behind LF
6	LF	Step to left side
&	RF	Cross over LF
7	LF	Kick to left side
&	LF	Cross behind RF
8	RF	Step to right side
&	LF	Cross over RF

**Part B: 24 counts****B1: TOE, HEEL ,CROSS - 2X, JUMP OUT, WEIGHT CHANGE L/R, BOUNCE 4X**

1	RF	Touch next to LF	
&	RF	Touch heel to right side	
2	RF	Cross over LF	
&	LF	Touch next to RF	
3	LF	Touch heel to left side	
&	LF	Cross over RF	
4	RF	Jump out to the right side	
5	LF	Recover weight (While jumping into it)	
6	RF	Recover weight (While jumping into it)	
7	RF	Jump on the spot while keeping the LF out, Turning 1/4 Turn	(9.00)
&	RF	Jump on the spot while keeping the LF out, Turning 1/4 Turn	(6.00)
8	RF	Jump on the spot while keeping the LF out, Turning 1/4 Turn	(3.00)
&	RF	Jump on the spot while keeping the LF out, Turning 1/4 Turn	(12.00)

**B2: ROCK BACK, 1/2 TURN R, HITCH, STEP BACK, HITCH, STEP FORWARD, 1/2 TURN L, HITCH, STEP BACK, 1/2 TURN L, HITCH, STEP FWD, 1/2 TURN L, STOMP -2X**

1	LF	Step backwards	
&	RF	Recover weight	
2	LF	1/2 Turn right, stepping backwards	(6.00)
&	RF	Hitch	
3	RF	Step backwards	
&	LF	Hitch	
4	LF	Step forward	
&	RF	Hitch, while making a 1/2 Turn left	(12.00)
5	RF	Step backwards	
&	LF	Hitch, while making a 1/2 Turn left	(6.00)
6	LF	Step forward	
&	RF	Hitch	
7	RF	Step forward	
&	LF	1/2 Turn left, stepping forward	(12.00)
8	RF	Stomp	
&	LF	Stomp	

**B3: STEP FWD, KICK, STEP BACK, TOUCH, JAZZBOX 1/2 TURN R**

1	RF	Step forward	
2	LF	Kick forward	
3	LF	Step backwards	
4	RF	Touch backwards	
5	RF	Cross over LF	
6	LF	1/4 Turn right, stepping backwards	(3.00)
7	RF	1/4 Turn right, stepping to right side	(6.00)
8	Lf	Small step forward	

\* Finish: Last time doing part B, make a normal jazzbox instead of a jazzbox 1/2 Turn. You will be facing (12.00).