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Threw It Away ...

32 Count, 4 Wall, Intermediate Choreographer: Neville Fitzgerald & Julie Harris (UK)

July 2008

Choreographed to: Let Her Go by Blu Cantrell,

CD: Bitter Sweet

1-3 4&5 6-7 8&1	WALK, WALK, STEP ½ STEP, ½, ¼, ROCK & SIDE Walk forward left-right-left Step right forward, pivot ½ turn to left, step right forward Make ½ turn to right stepping left back, ¼ turn to right stepping right to right side Cross rock left behind right, recover on right, step left to side
2&3 4&5 6-7 8&1	SAILOR ¾ CROSS, ROCK & CROSS, FULL TURN WALK, WALK, SHUFFLE Cross right behind left making ¼ turn to right, make ¼ turn to right and step left together, ¼ turn to right crossing right over left Rock to left side on left, recover on right, cross left over right Make ¼ turn to right stepping right forward, ¼ turn right and step left forward Making ½ turn to right shuffle forward right-left-right
2-3 4&5 6 7&8	STEP, ½ TURN, SAILOR ¼ CROSS, ¼, STEP ½ STEP Step left forward, make ½ turn to left stepping right back Cross left behind right, make ¼ turn to left stepping right next to left, cross left over right Make ¼ turn to right stepping right forward Step left forward, pivot ½ turn to right, step left forward
1&2& 3&4 5&6 7-8	KICK, CROSS, BACK, BACK, CROSS, TOUCH, ¼ TURN FLICK, MAMBO TOUCH, FULL TURN STEP Kick right to forward right diagonal, cross right over left, step left back, step right back Cross left over right, touch right together, make ¼ turn to left as you flick right foot back Rock right forward, recover on left, touch right toe back Keeping weight on left make full turn to right, step right forward

RESTART

On walls 2 & 5, restart after 16 counts, after replacing counts 14-16 (full turn walk walk shuffle) with full turn walk walk (no shuffle)

Music download available from iTunes

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