

Throwin' It Down

32 Count, 4 Wall, Beginner

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

Choreographed to: My Kinda Crowd by Kaleb McIntire Band

Start dancing on lyrics

S1 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

S2 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

S3 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&8 Rock right back, recover to left, rock right forward, recover to left
- 7&8 Step right back, step left together, cross right over left

S4 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
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