

# THROWBACK LOVE



**Level:** Intermediate  
**Music:** Throwback Love - Meghan Trainor  
**Choreographer:** Jodie Bignell  
**Speed:** Normal **Length:** 3.13  
**Sequence:** Intro,A,Chorus,B,C,A,Chorus,B,C\*,D,E,Chorus\*  
**Wait:** 20 beats Left foot lead.

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## Quick Cues

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### INTRO: (8 Beats)

4 Slur Basic  
4 Jazz & Rock (R ft)

### PART A: (32 Beats)

8 Drigger Vine  
4 Joey (R ft)  
4 Triple  
16 REPEAT OPP FOOTWORK

### CHORUS: (24 Beats)

8 2 Charleston Kick  
8 2 Double Drag Basic  
(ANGLE L & R)  
8 Samantha (FULL R)

### PART B: (24 Beats)

8 2 Tractor Twist  
8 Cowboy  
4 2 Basketball Turn (1/2 R ea)  
4 Jazz Box

### PART C: (16 Beats)

8 Crazy Step  
8 Samantha (FULL R)

### PART A: (32 Beats)

8 Drigger Vine  
4 Joey (R ft)  
4 Triple  
16 REPEAT OPP FOOTWORK

### CHORUS: (24 Beats)

8 2 Charleston Kick  
8 2 Double Drag Basic  
(ANGLE L & R)  
8 Samantha (FULL R)

### PART B: (24 Beats)

8 2 Tractor Twist  
8 Cowboy  
4 2 Basketball Turn (1/2 R ea)  
4 Jazz Box

### PART C\*: 32 BEATS

8 Crazy Step  
8 Samantha (1/2 R)  
8 Crazy Step  
8 Samantha (1/2 R)

### PART D: (24 Beats)

4 Travelling Pivot (1/2 R)  
4 Triple Twist  
4 Travelling Pivot (1/2 R)  
4 Triple Twist  
8 Swayback

### PART E: (24 Beats)

16 2 Toe Heel Clogover (L & R)  
4 Slur Basic  
4 Bad Step (R ft)

### CHORUS\*: (21 Beats)

8 2 Charleston Kick  
8 2 Double Drag Basic  
(ANGLE L & R)  
5 Five Count Samantha

(Draw a heart in the air with pointer fingers)



## STEP EXPLANATIONS: THROWBACK LOVE

### SLUR BASIC:

DS (OTS) SLR-S (XIB) DS RS  
L R R L RL  
&1 & 2 &3 &4

### JAZZ & ROCK:

T-H (OTS) T-H (XIF) T-H (BS) RS  
L L R R L L RL  
& 1 & 2 & 3 &4

### DRIGGER VINE: (In this dance move Left or Right)

DS DR S (XIF) RS (XIF) DR S R (XIB) S (OTS) DS (XIF) DS RS  
L L R LR R L R L R L RL  
&1 & 2 &3 & 4 & 5 &6 &7 &8

### JOEY:

DS BA (XIB) BA (OTS) BA (OTS) BA (XIB) BA (BS) S  
L R L R L R L  
&1 & 2 & 3 & 4

### TRIPLE:

DS DS DS RS  
L R L RL  
&1 &2 &3 &4

### CHARLESTON KICK:

DS-DR/K H T-H (BK) RS  
L L/R L R R LR  
&1 & 2 & 3 &4

### DOUBLE DRAG BASIC:

DS-DR S-DR S RS  
L L R R L RL  
&1 & 2 & 3 &4

### BASKETBALL TURN:

(P) S (FWD) PVT (1/2 R) S  
L L R  
& 1 & 2

### TRACTOR TWIST:

DS DT [BA/BA] (H'S R) [BA/BA] (H'S L) [BA/BA] (H'S R) BA/HD SL/LIFT  
L R L /R L /R L /R L /R L /R  
&1 & 2 & 3 & 4

### COWBOY:

[DS DS DS BR (XIF) H] (FWD) [DS (XIF) R (BK) S (XIF) R (BK) S (XIF) R (BK) S (XIF)] (BK)  
L R L R L R L R L R L R  
&1 &2 &3 & 4 &5 & 6 & 7 & 8

### JAZZ BOX:

T-H (OTS) T-H (XIF) T-H (BK) T-H (BS)  
L L R R L L R R  
& 1 & 2 & 3 & 4

### CRAZY STEP:

[DS DS DS-DR/K SL] (FWD) RS DS RS K/DR-SL  
L R L L/R L RL R LR L/R R  
&1 &2 &3 & 4 &5 &6 &7 & 8

### SAMANTHA:

DS DS (XIF) DR S (BK) DR S (BK) RS DS DS RS  
L R R L L R LR L R LR  
&1 &2 & 3 & 4 &5 &6 &7 &8

### TRAVELLING PIVOT:

DS (OTS) DS (XIF) DS (OTS) PVT (R) /LOOP-S (BK)  
L R L L / R R  
&1 &2 &3 & 4

### TRIPLE TWIST:

DS DS DT [BA/BA] (H'S L) [HD/BA] LIFT/SL  
L R L L /R L /R L /R  
&1 &2 & 3 & 4

### SWAYBACK:

DS DT (XIF) H DT (X) H T-H (BK) R (BK) S DS DS RS  
L R L R L R R L R L R LR  
&1 & 2 & 3 & 4 & 5 &6 &7 &8

### TOE HEEL CLOGOVER:

T-H (OTS) T-H (XIF) T-H (OTS) T-H (XIB) T-H (OTS) T-H (XIF) T-H (OTS) RS  
L L R R L L R R L L R R L L RL  
& 1 & 2 & 3 & 4 & 5 & 6 & 7 &8

### BAD STEP:

DS STA-R S STA-R S  
R L L R L L R  
&1 & 2 & 3 & 4

### FIVE COUNT SAMANTHA:

DS DS (XIF) DR S (BK) DR S (BK) RS  
L R R L L R LR  
&1 &2 & 3 & 4 &5