

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.

Quick Cues

Quick Cues

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