

Throwback Love



Competition Step Sheet

DIVISION: Intermediate Crystal, Open, Silver & Gold

Description: 56 Counts, Phrased, Showdance, Non-Country
Choreographer: Pim van Grootel, Jose Vane, JP Madge & Raymond Sarlemijn
Music: Throwback Love By Meaghan Trainor
Album: Single Version
Count-in: 16 Count Intro
Note: The sequence of the dance is ABBA (restart) ABBA BBB
Dancers will dance ABBA (up until restart) Vanilla, ABBA Variation, BBB Vanilla to finish.

PART A: 32 counts

1-8 RUMBA BOX, 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)

9-16 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

17-24 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

25-32 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

1-8 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)

*Option for silver & gold divisions – rotate on standing foot – you do not need to jump

9-16 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

17-24 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

Begin again 😊