

# Throwback Love

Choreographed by Jose Miguel Belloque Vane, Pim Van Grootel, Raymond Sarlemijn, Jean Pierre Madge

Description: 56 counts, 2 wall, Stage

Level: Intermediate

Music : 'Throwback Love' - Meghan Trainor (160 BPM) - Non-Country

Sequence: ABBA, Restart, ABBA

*Official UCWDC competition dance description*

*Date of usage 2 August 2018 to August 2019*

## PART A

- 1-8 RUMBA BOX R & L, MAMBO FWD 1/2 TURN R, TRIPLE 1/2 TURN R**
- 1&2 RF Step to right side, LF Close next to RF, RF Step forward
- 3&4 LF Step to left side, RF Close next to LF, LF Step forward
- 5&6 RF Step forward, LF Recover weight, 1/4 Turn right (3.00), RF 1/4 Turn right, stepping forward (6.00)
- 7&8 LF 1/4 Turn right, stepping to left side (9.00), RF Close next to LF, 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&2& RF Step backwards, LF Recover weight, RF Step forward on the heel & LF Step forward on the heel
- 3&4 RF Close next to LF & LF Cross over RF, Snap your fingers
- 5&6 RF Touch to right side, RF Touch next to LF, RF Touch to right side
- 7&8& RF Cross behind LF, LF Small step to left side, RF Step to right side, LF Step next to RF

## \* RESTART POINT 2ND TIME PART A

- 17-24 BALL CHANGE, SNAP, 1/4 TURN L, SNAP, 1/4 TURN L, SNAP, SIDE STEP, SNAP, JAZZ BOX R, SHORTY GEORGE**
- 1& RF Step to right side, Snap the fingers
- 2& LF 1/4 Turn left, stepping forward (9.00), Snap the fingers
- 3&4& RF 1/4 Turn left, stepping to right side (6.00), Snap the fingers , LF Step to left side & Snap the fingers
- 5&6& RF Cross over LF, LF Step backwards, RF Step to right side & LF Step forward
- 7&8& RF Step forward, Pushing the knees to right, LF Step forward, Pushing the knee's to left, RF Step forward, Pushing the knees to right, LF Step forward, Pushing the knee's to left

**25-32 HEEL GRIND, 1/4 TURN R, ROCK STEP - 2X, KICK, BEHIND, SIDE, CROSS - 2X**

1&2 RF Heel forward, LF 1/4 Turn right, Recovering weight, RF Step backwards  
&3& LF Recover weight, RF Heel forward, LF 1/4 Turn right, Recovering weight  
4& RF Step backwards, LF Recover weight  
5&6 RF Kick diagonal right forward, RF Cross behind LF, LF Step to left side  
&7& RF Cross over LF, LF Kick to left side, LF Cross behind RF  
8& RF Step to right side, LF Cross over RF

**PART B**

**1-8 TOE, HEEL ,CROSS 2X, JUMP OUT, WEIGHT CHANGE L/R, BOUNCE 4X**

1&2 RF Touch next to LF, RF Touch heel to right side, RF Cross over LF  
&3& LF Touch next to RF, LF Touch heel to left side, LF Cross over RF  
45 RF Jump out to the right side, 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)

**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&2 LF Step backwards, RF Recover weight, LF 1/2 Turn right, stepping backwards (6.00) &  
RF Hitch  
3&4 RF Step backwards, LF Hitch, LF Step forward  
&5& RF Hitch, while making a 1/2 Turn left (12.00), RF Step backwards LF Hitch, while making  
a 1/2 Turn left (6.00)  
6&7 LF Step forward, RF Hitch, RF Step forward  
&8& LF 1/2 Turn left, stepping forward (12.00), RF Stomp, LF Stomp

**17-24 STEP FWD, KICK, STEP BACK, TOUCH, JAZZ BOX 1/2 TURN R**

12 RF Step forward, LF Kick forward  
34 LF Step backwards, RF Touch backwards  
56 RF Cross over LF, LF 1/4 Turn right, stepping backwards (3.00)  
78 RF 1/4 Turn right, stepping to right side (6.00), Lf Small step forward