



Stepsheet Ufficiale 2019-2020

Throwback Love 1/2

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

Description	56 Count 2 Wall
Level	Classe A
Motion	Novelty
Music	Throwback Love - Meghan Trainor (160 BPM)
Video	Video Suggestito: https://www.ucwdc.org/linedance/ https://www.youtube.com/watch?v=VY7NjmzTeQk
Note	Sequence: ABBA con Restart, ABBA

PART A	
RUMBA BOX R & L, MAMBO FWD 1/2 TURN R, TRIPLE 1/2 TURN R	
1&2	Step RF to R, Step LF Next to RF, Step RF Forward
3&4	Step LF to L, Step RF Next to LF, Step LF Forward
5&6	Step RF Forward, Recover LF in Place, Step RF Forward 1/2 Turn R (6.00)
7&8	Step LF to L 1/4 Turn R (9.00), Step RF Next to LF, Step LF Back 1/4 Turn R (12.00)
MAMBO BACK, HEEL, HEEL, TOGETHER, CROSS STEP, SNAP, TOUCH SIDE2X, SAILOR STEP R	
9&10&	Step RF Back, Recover LF in Place, Step R Heel Diagonal Forward Right, Step LF Heel Diagonal Forward Left
11&12	Step RF Back to Centre, Cross LF in Front of RF, Snap your fingers
13&14	Point RF to R, Touch RF Next to LF, Point RF to R
15&16	Step RF Behind LF, Step LF Next to RF, Step RF to R
&	Step LF Next to RF
RESTART POINT 2ND TIME PART A	
BALL CHANGE, SNAP, 1/4 TURN L, SNAP, 1/4 TURN L, SNAP, SIDE STEP, SNAP, JAZZ BOX R, SHORTY GEORGE	
17&	Step RF to R, Snap fingers
18&	Step LF Forward 1/4 Turn L (9.00), Snap fingers
19&20&	Step RF to R 1/4 Turn L (6.00), Snap fingers, Step LF to L, Snap fingers
21&22&	Cross RF Over LF, Step LF Back, Step RF to R, Step LF Forward
23&24&	Pushing the knees to right Step RF Forward, Pushing the knee's to left Step LF Forward, Pushing the knees to right Step RF Forward, Pushing the knee's to left Step LF Forward



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Throwback Love 2/2

HEEL GRIND, 1/4 TURN R, ROCK STEP - 2X, KICK, BEHIND, SIDE, CROSS - 2X	
25&26	Grind RF Heel Forward, Recover LF in Place 1/4 Turn R, Step RF Back
&27&	Recover LF in Place, Grind RF Heel Forward, Recover LF in Place 1/4 Turn R
28&	Step RF Back, Recover LF in Place
29&30	Kick RF Diagonal Forward R, Step RF Behind LF, Step LF to L
&31&	Cross RF in Front of LF, Kick LF Diagonal Forward L, Step LF Behind RF
32&	Step RF to R, Cross LF over RF

PART B	
TOE, HEEL ,CROSS 2X, JUMP OUT, WEIGHT CHANGE L/R, BOUNCE 4X	
1&2	Touch R Toe Next to LF, Touch R Heel to R, Cross RF over LF
&3&	Touch L Toe Next to RF, Touch L Heel to L, Cross LF over RF
4,5	Jump RF to R, Jump LF in Place
6	Jump RF in Place
7	Jump RF on the spot Keeping LF out Turning 1/4 Turn L (9.00)
&	Jump RF on the spot Keeping LF out Turning 1/4 Turn L (6.00)
8	Jump RF on the spot Keeping LF out Turning 1/4 Turn L (3.00)
&	Jump RF on the spot Keeping LF out Turning 1/4 Turn L (12.00)
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	
9&10&	Rock LF Back, Recover RF in Place, Step LF Back 1/2 Turn R (6.00), Hitch R Knee Up
11&12	Step RF Back, Hitch L Knee Up, Step LF Forward
&13&	Hitching R Knee Up make 1/2 Turn left (12.00), Step RF Back, Hitching L Knee Up make 1/2 Turn Left (6.00)
14&15	Step LF Forward, Hitch R Knee Up, Step RF Forward
&16&	1/2 Pivot LF (12.00), Stomp RF Forward , Stomp LF Forward
STEP FWD, TOUCH, STEP BACK, TOUCH, JAZZ BOX 1/2 TURN R	
17,18	Step RF Forward, Touch LF Forward
19,20	Step LF Back, Touch RF Back
21,22	Cross RF Over LF, Step LF Back 1/4 Turn R (3.00)
23,24	Step RF Forward 1/4 Turn R (6.00), Small Step LF Forward