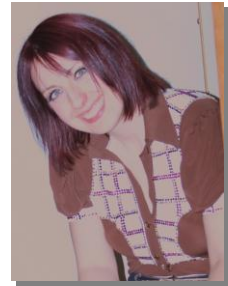


Throw It Away

Choreographed by Nicola Lafferty, November 2011
32 Count, 4 Wall, Intermediate WCS Line Dance

Music: Throw It All Away by Charlie Wilson
Intro: 32 Count Intro



1-8 Walk, Walk, ¼ Ballchange, ¼ Step, Triple ½ Turn, 2 x Camel Walks

- 1,2 Walk Forward RF, Walk Forward LF
- &3 Make ¼ turn L on the ball of the RF, Cross LF over RF
- 4 Make ¼ Turn Right stepping fwd on RF
- 5&6 Making a ½ Turn to the Right, Step LF, RF, LF
- 7,8 Step forward on RF, popping L knee fwd; Step forward on LF popping R knee fwd

9-16 Cross Side Ballchange x 2, Cross, Side, Weave

- 1&2 Cross RF over LF, Rock LF to L side, recover weight to RF
- 3&4 Cross LF over RF, Rock RF to R side, recover weight to LF
- 5,6 Cross RF over LF, Step LF to L side
- 7&8 Cross RF behind LF, Step LF to L side, Cross RF over LF

17-24 Side Switches, Rock and Slide back, Hold, Ball step, ¼ Touch. ¼ Step

- 1&2 Touch LF to L side, Close LF to RF, Touch RF to R side
- 3&4 Rock RF fwd, recover weight to LF, Slide RF a big step back
- 5 Hold
- &6 Close LF to RF, Step RF fwd
- 7 Make a 1/4 turn to the right as you touch your L toe to L side
- &8 Hitch L knee up, make a ¼ turn to the right and Step LF to L side

25-32 Cross Back Ballchange x 2, ½ Pivot, ¼ Slide to Side

- 1&2 Flick RF fwd, Cross RF over LF, Rock back on LF, recover weight to RF
- 3&4 Flick LF fwd, Cross LF over RF, Rock back on RF, recover weight to LF
- 5,6 Step RF forward, ½ pivot turn to L
- 7,8 Making a ¼ turn to L, slide RF a big step to R side, Step LF beside RF