

Throwback Love

Intermediate version of low level buck dance
 Music: Meghan Trainor (single) 100 bpm
 Begin left foot; **RF** = begin step with right foot

By Judy Waymouth, Ontario, Canada
 Intermediate adjustments by Lois Elling (Nov 2020)
 taught by Judy at CLOG Convention 2019

Intro: Wait 4 beats
 (#bts)

PART A:

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|-----|---|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| (4) | 1 | Charleston | DS-Tch(f)SI-ToHw(bk)-Tch(bk)SI (or Rk(bk)St on 4th beat) |
| (4) | 1 | Touch & Hit | DS-TchKk(hit foot w/hand ots)-TchKk(hit)-TchKk(hit) |
| (8) | 1 | Long Charleston RF | DS-Tch(f)SI-Tch(bk)SI-ToHw(f)-Tch(f)SI-ToHw(bk)-Tch(bk)SI-ToHw(f)
<i>say: Dbl Step-Tch front-Tch back-Toe Heel-Tch front-Toe Heel-Tch back-Toe Heel</i> |
| (4) | 1 | Spin & Hit RF | DS-ToTo-Hop(hit L foot w/L hand)To-ToSt; full turn R |
| (4) | 1 | Rocket Slur RF | &Sto-DS(xf)-RkSt(ots)-Slur(tog)St <i>aka: Shave and a Haircut</i> |

PART B: repeats with same footwork facing back

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|-----|---|---------------------------|-------------------------------------------------------------|
| (4) | 1 | Rooster Run | DS-DS(xf)-To(s)To(xb)-To(s)St(xf) |
| (4) | 1 | Pull It Back | RkSt(bk)-Slur(bk)St-DS-RS |
| (4) | 2 | 1 Hunker Down / Blakester | DS-DtDown(squat both ft, 1/4 L)-(p)Hop(LF, 1/4 R)-RS(1/2 R) |
| (4) | 1 | Triple RF | DS-DS-DS-RS |

PART C (Chorus): repeat first 2 steps with opposite footwork

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|-----|---|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| (4) | 1 | Bad Stamp | DS-StaRk-StSta-RkSt |
| (4) | 2 | 1 Double Rock Chug RF | DS-DS-RS-KkSI |
| (8) | 1 | Scotty | DS-Dt(xf)SI-Dt(ots)SI-Bo(both, tog)Bo(both, apart)*-(p)Sto(R)-DS-DS-RS
full turn R on last 4 beats; <i>*alternate: Tp(bk)Down(squat, apart)</i> |

Repeat Part A [Charleston, Touch & Hit, Long Charleston, Spin & Hit, Rocket Slur]

PART D:

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|-----|---|-----------------------------|-------------------------------------------------|
| (4) | 1 | Skuff Around | DS-SkSI(loop R foot out and back)-Rk(bk)St-ToSI |
| (4) | 1 | Triple Chug | DS-DS-DS-Dr/KkSI; move forward |
| (4) | 1 | Rock Back / Chain RF | DS-RS-RS-RS; back up |
| (4) | 1 | Double Stomp-2 & Clap | DS-DS-StoSto-(p)Clap |

Repeat Part B [Rooster Run, Pull It Back, Hunker Down, Triple, repeat all]

Repeat Part C [Bad Stamp, Double Rock Chug, Bad Stamp, Double Rock Chug, Scotty]

PART E:

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|-----|---|------------------------|-----------------------------------------|
| (8) | 1 | Michael Turn | DS-DS(xb)-RkHw-Pvt(1/2 L)St-RS-DS-DS-RS |
| (4) | 1 | Kanga RF | DS-SI Rk-StSI-RkSt |
| (4) | 2 | Basics | DS-RS |
| (4) | 1 | Loop & Pivot | DS-LoopSt(xb)-RkHw-Pvt(1/2 L)St |
| (4) | 1 | Stomp Double RF | (p)Sto-DS-DS-RS |

PART D2: repeat with same footwork

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|-----|---|-----------------------|-------------------|
| (4) | 1 | Skuff Around | |
| (4) | 1 | Triple Chug | forward |
| (4) | 2 | 1 Rock Back RF | |
| (4) | 1 | Double Rock-2 | turn 1/2 L |

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PART F:

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|-----|---|---------------------|-------------------------------------------------|
| (4) | 1 | Basic Drag Rock | DS-RS-DrSt-RS |
| (4) | 1 | Run Stomp-2 & Shake | DS-StoSto-Shake hips L, R - L, R |
| (8) | 2 | Kentucky Basic | DS-DrSt(xf)-DS-RS |
| (4) | 2 | Basics | |
| (4) | 1 | Rock-2 Split | DS-RS-RS-St/Htch SI/lift LF, full roll L |

PART A2:

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|-----|---|-----------------------|-----------------------------------------------------------------------|
| (4) | 1 | Roundout | ToHw(s)-ToHw(xf)-ToHw(bk)-ToHw(s) (<i>2nd time with RF</i>) |
| (4) | 2 | Over the Log | ToHw(fwd)-ToHw(tog)-St(bk)St(bk)-(p)Clap, lift R ft both times |
| (4) | 1 | Spin & Hit RF | full turn R |
| (4) | 1 | Rocket Slur RF | |

PART C2 (End):

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|-----|---|----------------------------|---------------------------------------------------------------------|
| (4) | 1 | Bad Stamp | |
| (4) | 2 | Double Rock Chug RF | |
| (7) | 1 | 7-cnt Scotty | DS-Dt(xf)SI-Dt(ots)SI-Bo(both, tog)Bo(both, apart)-(p)Sto(RF)-DS-RS |

ABBREVIATIONS USED:

Dt = Double toe
Tch = Touch
Hw = Heel (takes weight)
Bo = Bounce (on toes)
Htch = Heel touch

Rk = Rock
SI = Slide
St = Step
Sk = Skuff
Tp = Tap (tip of toe)

DS = Dt-Step
Kk = Kick
Sto = Stomp (takes weight)
Dr = Drag

RS = Rock-Step
To = Toe (takes weight)
Sta = Stamp (no weight)
Pvt = Pivot

f = front
L = left
s = side

bk = back
R = right
xb = cross back
ots = out to side
LF = left foot
xf = cross front

tog = together
RF = right foot
p = pause