

NIOLON

Choreographed by **Johnny**

Lev. Beginner+ / 32 counts / 2 walls / 1 tag / 2 restarts

Music: "Throwback" by the Homegrown Band

1st | KICK, OUT-OUT, SAILOR STEP, CROSS, STEP, COASTER STEP

1&2 Kick R forward – Recover & Open R to R – Open L to L

3&4 Cross R behind L – Open L to L – Open R to R

5-6 Cross L on R – Step R back turning $\frac{1}{4}$ L

7&8 Step L back – Step R beside L – Step L forward

2nd | STEP, TURN, SHUFFLE, ROCK STEP, STEP, ROCK BACK

1-2 Step R forward – Turn $\frac{1}{2}$ R & Step L back

3&4 Turn $\frac{3}{4}$ R & Shuffle R-L-R forward (H:8)

5-6 Rock Step L & Recover weight on R

&7-8 Step L Back – Rock Back R & Recover weight on L

3rd | HEEL, HEEL, POINT (X2), SHUFFLE TURN (X2)

1&2& Heel R forward – Recover R – Heel L forward – Recover L

3-4 Touch point R behind L (x2)

5&6 Shuffle R-L-R turning $\frac{3}{4}$ R (H:12)

7&8 Shuffle back L-R-L turning $\frac{1}{2}$ R (H:6)

4th | OUT-OUT, STOMP-UP, SCISSOR, SIDE ROCK, SHUFFLE

1&2 Open R to R – Open L to L – Stomp Up R beside L

3&4 Open R to R – Step L near R – Cross R over L

5-6 Side Rock L to L side – Recover weight on R

7&8 Shuffle L-R-L forward

TAG (16 counts)

Intro (after 16 counts – before the lyrics)

& At the end of the 4th wall

1st | STEP, STOMP-UP, STEP, STOMP-UP, SHUFFLE, ROCK BACK

1-2 Step R to R – Stomp-Up L beside R (Clap your hands)

3-4 Step L to L – Stomp-Up R beside L (Clap your hands)

5&6 Shuffle R-L-R to R side

7-8 Rock back L – Recover weight on R

2nd | STEP, STOMP-UP, STEP, STOMP-UP, SHUFFLE, ROCK BACK

1-2 Step L to L – Stomp-Up R beside L (Clap your hands)

3-4 Step R to R – Stomp-Up L beside R (Clap your hands)

5&6 Shuffle L-R-L to L side

7-8 Rock back R – Recover weight on L

1st RESTART → at 2nd wall, after the 16th count.

2nd RESTART → at 9th wall, after the 16th count.