

# 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.**