

I Take It Back

Count: 32

Wand: 4

Ebene: Improver Cha Cha

Choreograf/in: mBah Wir (INA) - 10 December 2022

Musik: I Take It Back - The E Family



Intro: 32 Count from beginning of music

Tag at the end of wall 6

****2 Restarts: during wall 4, & wall 8**

S1: BACK ROCK, RECOVER, FORWARD LOCK SHUFFLE, FORWARD ROCK, RECOVER, SAILOR STEP

1-2 Rock R back, Recover on L
3&4 Step R forward, Lock L behind R, Step R forward
5-6 Rock L forward, Recover on R
7&8 Cross L behind R, Step R to side, Step L to side

S2: CROSS OVER, HOLD, SIDE, CROSS OVER, HOLD, SIDE, TURN ¼ RIGHT, FORWARD LOCK SHUFFLE

1-2& Cross R over L, Hold, Step L to side
3-4 Cross R over L, Hold
5-6 Step L to side, Make ¼ right turn while flicking L back
7&8 Step L forward, Lock R behind L, Step L forward

***Restart here during wall 4 & wall 8**

S3: FORWARD, TURN ½ RIGHT, FORWARD LOCK SHUFFLE, FORWARD ROCK, RECOVER, BACK LOCK SHUFFLE

1-2 Step R forward, Make ½ right turn (W.O.L.)
3&4 Step R forward, Lock L behind R, Step R forward
5-6 Rock L forward, Recover on R
7&8 Step L back, Cross R over L, Step L back

S4: SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, KICK BALL TOUCH

1-2 Rock R to side, Recover
3&4 Cross R over L, Step L to side, Cross R over L
5-6 Rock L to side, Recover R
7&8 Kick L forward, Step on ball of L next to R, Touch R outside right

Begin again

TAG (4 Count) at the end of wall 6

ROCKING CHAIR

1-4 Rock R back, Recover L, Rock R forward, Recover on L

Restart during Wall 4 after 16 count, dance facing 6 o'clock

Restart during Wall 8 after 16 count, dance facing 12 o'clock

For further questions about this dance please contact me at: jsdc2009@gmail.com