

# I Take It Back

Count: 32

Wall: 4

Level: Improver Cha Cha

Choreographer: mBah Wir (INA) - 10 December 2022

Music: 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](mailto:jsdc2009@gmail.com)**