

Take It Back

Compte: 16

Mur: 4

Niveau: Beginner / Improver



Chorégraphe: Cathy Snow (USA) - March 2024

Musique: Take It All Back - Tauren Wells, We The Kingdom & Davies

Intro: Start immediately on vocals

[1-8] R TOE HEEL STOMP; L TOE HEEL STOMP; R KICK POINT L, L KICK, POINT R

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|-----|---|
| 1&2 | Right toe heel stomp |
| 3&4 | Left toe heel stomp |
| 5&6 | Kick right foot forward, Step right, point left foot to left side |
| 7&8 | Kick left foot forward; Step left, point right foot to right side |

[9-16] SHUFFLE BACK, ¼ TURNING SAILOR; FORWARD SHUFFLE R, L, R; SHUFFLE L, R, L

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|------|---|
| 1&2 | Shuffle Back R, L, R |
| 3&4 | ¼ turn L behind R; Step L to R side; Step R to L side |
| 5&6 | Shuffle forward R, L, R |
| 7&8& | Shuffle forward L, R, L |

Variation: Instead of shuffles ([9-16] in steps (7&8) to complete dance, dance first shuffle, then turning shuffle L, R, L (weight ending on L) Restart dance.

Been choreographing country music and a couple of Bluegrass by Sister Sadie but fell in love with this song in Christian music genre.

Any questions: Cathy @ mrssno@email.com- no video as recently had TKR but any video appreciated. Thank you.

Last Update: 6 Mar 2024
