# I Take It Back



拍数: 32 墙数: 4 级数: Improver Cha Cha

编舞者: mBah Wir (INA) - 10 December 2022

音乐: 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 1/4 RIGHT, FORWARD LOCK SHUFFLE

1-2&	Cross R over L.	Hold	Sten	I 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

# 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

<sup>\*</sup>Restart here during wall 4 & wall 8