

I TAKE IT BACK

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Music "I Take It Back" CD: The Latin Mix 9/Casa Musica

CD1 track 17 time 2:44

Rhythm : Cha Cha ph V

Speed : 31MPM Slow to suit -5~6%

Footwork : Opposite, directions for man(lady as noted) Date: November 2016 Ver.1.0

Sequence : Intro - A - B - A - Bridge - B - B - Ending



Meas

INTRO

1~ 8 Bk to Bk M fc DC(W fc RDW) right foot free for both

Wait pickup notes & 2 meas;; Slow Circle 4;; Split Cuban; Spot Trn;
Split Cuban; X Unwind Trans(handshake);

- 1- 2 Bk to Bk position M fc DC(W fc RDW) right foot free for both wait pickup notes & 2 meas;;
- 1-3- 3- 4 (Slow Circle 4) Same foot work fwd R twd DC(W twd RDW) commence circle LF, -, cont circle fwd L, -; cont circle LF fwd R, -, L fc partner & Wall no hands joined, -;
- 5-7- 5 (Split Cuban) Still same foot work ck XRIF left hand straight up right hand own hip/rec L, sd R, ck XLIF right hand straight up left hand own hip /rec R, sd L;
- 1&23&4 6 (Spot Trn) XRIF of L commence LF trn, cont LF trn rec L, sd R/cl L, sd R;
- 1&23&4 7 (Split Cuban) Ck XLIF right hand straight up left hand own hip /rec R, sd L, ck XRIF left hand straight up right hand own hip/rec L, sd R;
- 1--- 8 (X Unwind) XLIF of R, unwind RF, -, weight on R(W weight on L) fc partner & Wall Right hands joined;

Meas

PART A

1~ 8 OP Hip Twist; Fan; Hockey Stick;; Basic to Nat Top;; OP Out W Spiral;
Fan;

- 1 (Op Hip Twist) Fwd L, rec R, bk L/small slip bk R, cl L to R(W bk R, rec L, fwd R/XLIB, fwd R swivel 1/4 RF on R fc LOD);
- 2 (Fan) Bk R, rec L, XRIF of L/cl L, sd R(W fwd L, fwd R swivel 1/2 LF fc RLOD, bk L/XRIF of L, bk L);
- 3- 4 (Hockey Stick) Fwd L, rec R, in place L/R, L(W cl R, fwd L, fwd R/XLIB, R); Bk R slightly RF trn, rec L fc RDW, fwd R/XLIB of R, fwd R(W fwd L, fwd R trning LF to fc partner & DC, bk L/XRIF of L, bk L) LOP-FC/RDW;
- 5- 6 (Basic to Nat Top) Fwd L, rec R, bk L/small slip bk R, sd L commence RF trn(W bk R, rec L, fwd R/XLIB, fwd R commence RF trn); XRIB of L cont RF trn, cont RF trn sd L, cont trn XRIB/sd L, fwd R woman's outsd(W sd L commence RF trn, cont RF trn XRIF, cont trn sd L/XRIF, sd L) Bjo/Wall;
- 7 (OP Out W Spiral) Lead W swivel RF ck fwd L, rec R lead W swivel LF, sd L/cl R, sd L lead W LF spiral(W swivel 1/2 RF on L bk R, rec L swivel 1/2 LF on L, sd R/cl L, sd R spiral LF on R);
- 8 (Fan) Bk R, rec L, in place R/cl L, sd R(W Fwd L twd LOD, fwd R 1/2 LF trn fc RLOD, bk L/XRIF, bk L);

9~16 Alemana;; Lariat;; Break w/Flick to OP; Aida; Switch Cross; Sd Walk;

- 9-10 (Alemana) Fwd L, rec R, cl L/in place R, sd L lead W RF trn(W cl R to L, fwd L, fwd R/XLIB of R, fwd R RF trn fc partner); Bk R, rec L, in place R/L, R(W W XLIF of R commence RF trn under lead hand, fwd R cont RF trn fc COH, sd L/cl R, sd L);
- 11-12 (Lariat) Sd L, rec R, in place L/R, L(W circle around man CW with joined lead hands fwd R, fwd L, fwd R/cl L, fwd R); Sd R, rec L, in place R/L, R(W cont circle around man CW with joined lead hands fwd L, fwd R, fwd L/cl R, fwd L RF trn) Bfly/Wall;
- 13 (Break Bk w/Flick to OP) Swivel LF on R bk L/right foot flick bk, rec R, fwd L/XRIB of L, fwd L;
- 14 (Aida) Thru R commence RF trn, sd L cont RF trn, cont trn fc RLOD bk R/XLIF of R, bk R;
- 15 (Switch Cross) Swivel LF on R sd L blend Bfly, rec R, XLIF/sd R, XLIF;
- 16 (Sd Walk) Sd R, cl L, sd R/cl L, sd R;

Meas

PART B

1~ 8 Q New Yorker; New Yorker w/Spin fc LOD; Single Cuban; Spot Trn to Tandem/LOD; Sweetheart;; Alternative Cross Body to Fcing Fan;;

- 1&23&4 1 (Q New Yorker) LOP/RL0D ck thru L/rec R, sd L, OP/LOD ck thru R/rec L, sd R;
2 (New Yorker w/Spin) LOP/RL0D ck thru L, rec R fc partner, sd & fwd L twd LOD commence spin LF/ cont spin R,L both fc LOD trail hands joined;
- 1&23&4 3 (Single Cuban) Ck XRIF/rec L, sd R, ch XLIF lead hands palm tch/rec R, sd L, ;
4 (Spot Trn to Tandem) XRIF of L twd COH(W twd Wall) commence LF trn, cont LF trn rec L fc partner & Wall, fwd R/XLIB of R, fwd R 1/4 LF trn fc LOD M behind of W;
- 5- 6 (Sweetheart Twice) XLIF of R, rec R, sd L/cl R, sd L to W's left sd(W XRIB of L, rec L, sd R/cl L, sd R to M's right sd); XRIF of L, rec L, sd R/cl L, sd R to W's right sd(W XLIB of R, rec R, sd L/cl R, sd L to M's left sd) joined right hands;
- 7- 8 (Alternative Cross Body to Fcing Fan) Fwd L commence LF trn, sd & fwd R cont LF trn fc Wall, sd L/cl R, sd L(W bk R, rec L, fwd R/XLIB of R, fwd R); Bk R, rec L 1/4 LF trn fc LOD, fwd R/XLIB of R, fwd R(W fwd L, fwd R 1/2 LF trn, bk L/XRIB of L, bk L) lead hands joined;

9~12 Stop & Go;; (handshake) OP Break W LF Trn to Skaters/RDW; Wheel Cha(W Roll Out);

- 9-10 (Stop & Go) Fwd L, rec R, bk L/rec R, cl L(W bk R, rec L, fwd R/XLIB of R, fwd R swivel 1/2 LF on R); Ck fwd R, rec L, in place R/L, sd R(W ck bk L sit line left arm straight up, rec R 1/2 RF trn fc RL0D, bk L/XRIF of L, bk L) fcing partner & LOD right hands joined;
- 11 (OP Break W LF Trn Skaters) Apt L, rec R, lead W LF trn commence RF trn sd L/cl R, sd & fwd L(W apt R, rec L, commence LF trn sd & fwd R/cl L, sd & bk R) Skaters/RDW;
- 12 (Wheel Cha W Roll Out) Fwd R commence RF wheel, cont wheel L lead W RF trn, cont wheel R/L, R(W bk L commence RF wheel, cont wheel bk R, bk L commence RF roll twd Wall/R,L) fc partner & Wall right hands joined;
*2nd time lead hands joined 3rd time no hands joined

Meas

BRIDGE

1 Hip Rk 4;

- 1234 1 (Hip Rk 4) Bfly/Wall rk sd L, rec R, rk sd L, rec R;

Meas

ENDING

1~ 5 Chase w/Full Trn;; Chase w/Underarm Pass(W Overtrn) Tandem/COH;; M Lunge Line(W Swivel Fc);

- 1- 2 (Chase w/Full Trn) Fwd L 1/2 RF trn, rec R 1/2 RF trn fc Wall, bk L/XRIF, bk L(W bk R, rec L, fwd R/XLIB, fwd R);
Bk R, rec L, fwd R/XLIB, fwd R(W fwd L 1/2 RF trn, rec R cont 1/2 RF trn fc COH, bk L/XRIF, bk L);
- 3- 4 (Chase w/Underarm Pass W Overtrn Tandem) Fwd L commence RF trn, cont trn fc COH rec R, fwd L/cl R, fwd L(W bk R, rec L, fwd R/cl L, fwd R);
Rk bk R raise lead hands, rec L, fwd R/XLIB of R, fwd R(W fwd L raise lead hand, fwd R spiral LF on R under lead hands fc COH, fwd L/XRIB of L, fwd L) still lead hands joined Tandem/COH;
- 5 (M Lunge Line W Swivel Fc) Lower flex right knee lead W RF swivel(W swivel RF on L fc partner, -, -, -;