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Choreographer/Coach: Glenn Yata, Imperial Dance Academy, Buena Park, CA
Record: MCA-S7-54544 : "Take It Back" - Reba McEntire.
Rhythm: West Coast Swing - Phase VI
Suggested Tempo: 45 rpm Date: July 1993
Footwork: Directions for Man (Woman opposite except where noted).
Timing: Standard 4/4; e.g., six-count figure takes 1½ measures -
123&4 5&6 - i.e., QQQ&Q Q&Q.
Sequence: INTRO-A-B-C-INTERLUDE-A-C-INTERLUDE-B-ENDING.

INTRO

- 1-2 WAIT 3 BEATS ... CROSS STEP & POINT 4 ;;
[LOP fcg wall about 4 feet inboard of LOD R foot free hnds
on hips] wait 3 beats ...
[a12a34 a56a78] XRIFL/pt L,hold,XLIFR/pt R,hold [progressing
twd wall]; repeat meas 1 ;
3-4 2 SAILOR SHUFFLES ; HOOK & UNWIND ;
[123&4 1234] XRIBL/sd L,sd R,XLIBR/sd R,sd L [raising hnds
crossing in front of body palms twd body to above head &
with slit circular motion lower hnds palms down to waist
level]; Hk R bhd L,unwind 3/4 RF to fc ptr,pt L twd W join
lead hnds,hold fcg LOD ;

NOTE: After INTRO, all PARTS, including INTERLUDE & ENDING, begin
in OP fcg ptr M fcg LOD lead feet free lead hnds jnd low at
waist level trail hnds extended twd wall.

PART A

- 1-5 MAN UNDERARM TURN WRAPPED WHIP WITH HEAD LOOP REVERSE WHIP ;;;;
[Man Underarm Turn 123&4 5&6] Bk L man keep L elbow low
moving it across front of his body while raising his L hnd
creating window,fwd & sd R to W's L sd with jnd hnds above
M's head,svl 1/4 RF to wall sd L/rec R trn 1/4 RF to RLOD,
sitly fwd L lwrng jnd hnds,(W fwd R,fwd L,svl 1/8 LF sd &
fwd R/XLIFR trn 1/8 LF,svl 1/4 LF bk R) ; anchor Ctriple in
place]R/L,R fcg RLOD, [Wrapped Whip With Head Loop 12 3&4 5&6
7&8] Bk L both hnds jnd,fwd R to W's R sd(W fwd L)raise lead
hnds over W's head ; svl 1/4 RF sd L/rec R trng 1/4 RF to fc
LOD lwr lead hnds to wrap pos,fwd L,svl 1/4 RF sd R raise
lead hnds over W's head,cl L,(W fwd R/cl L,bk R,bk L,cl R) ;
triple in place R/L,R (W spth 1 full trn RF)lwr lead hnds
and loop trail hnds over W's head to end on W's R shoulder
M fcg wall (W fcg LOD), [Reverse Whip 12 3&4 5&6] Lwr trail
hnds wheel 1/2 CCW bk L,bk R ; svl 1/4 LF sitly fwd L/cl R
raise lead hnds over W's head (W fwd R trn 1/4 RF/cl L),
fwd L twd RLOD lwr lead hnds (W svl 1/4 RF bk R),anchor R/L,R fcg RLOD ;
6-9 UNDERARM TURN WITH RUN 3 SIDE BREAK COME TO CLOSE
RIGHT TURNING FALLAWAY ;;;
[Underarm Turn with Run 3 123&4 5&6] Bk L,fwd & sd R to W's
R sd raise lead hnds above W's head,svl RF to fc COH sd L/rec
R trn 1/4 RF to fc LOD,fwd L lwr lead hnds,(W fwd R,fwd L,
under jnd lead hnds svl 1/8 LF sd & fwd R/XLIFR trn 1/8 LF,
svl 1/4 LF bk R) ; large aggressive fwd R/fwd L,fwd R to ck
fcg LOD, [Side Break a12 a34] Keep body centered ft action
only rapid sd L on ball of ft/sd R wt on both feet,hold ;
rapid rec L on ball of ft under body/cl R wt on R,hold fcg
LOD, [Come to Close Right Turning Fallaway 12 3&4 5&6] Bk L,
svl 1/4 RF sml sd R to fc wall (W fwd L trn 1/2 RF) ; sd L/cl
R,svl 1/4 RF sd L,svl 1/4 RF sd R/cl L,sd R fcg COH ;
10-12 RIGHT TURNING FALLAWAY INSIDE ROLL ;;;
[Right Turning Fallaway 123&4 5&6] Bk bk L,rec R,sd L/cl R,
svl 1/4 RF sd L ; svl 1/4 RF sd R/cl L,sd R fcg wall,
[Inside Roll 12 3&4 5&6] Bk bk L,fwd R DLW XIF of W raising
lead hnds & trn 1/4 RF to fc ptr ; svl 1/4 RF sml sd L/rec R
(W under lead hnds fwd R/cl L),svl 1/4 RF fwd L (W fwd R trn
1/2 LF)lwrng lead hnds,anchor R/L,R fcg LOD ;

PART B

- 1-2 DOUBLE SUGAR PUSH ;;
[1234 a5a6a7a8] Bk L,bk R both hnds jnd modified bfly,tap L,
fwd L ; rk bk R/pt L fwd,rk fwd L/tap R toe in place,rk bk
R/pt L fwd,fwd L/cl R fcg LOD ;
3-5 ELVIS SWIVELS 4 ;;;
[a1a2a3a4 a5a6.....Repeat*throughout these svls maintain
modified bfly with firm support for ptr*looking at ptr*knees
well bent] Svl RF on R/bring L knee across R leg,svl LF on
R/pt L twd COH,svl RF on R/rk bk L twd COH,svl LF on L/bring
R knee across L leg ; svl RF on L/pt R twd wall,svl LF on
L/rk bk R twd wall,.....repeat 6 previous beats fcg LOD, ;;

- 6-10 LEFT SIDE PASS WHIP TO ROLLING OFF ARM REVERSE SPIN;;;;;
 [Left Side Pass 123&4 5&6] Lwr lead hnds & raise trail hnds
 svl 1/4 LF sd L, svl 1/4 LF to fc RLOD rec R, cl L/R, fwd L, (W
 fwd R, fwd L, svl 1/8 LF sd & fwd R/XLIFR trn to fc wall, svl
 1/4 LF bk R); anchor R/L, R fcg RLOD, [Whip to Rolling Off
 Arm 12 3&4 5&6 7&8] Bk L, fwd & sd R to W's R sd (W fwd L trn
 1/2 RF) R hnd on W's back; svl 1/4 RF to fc COH sd L/rec R
 trn 1/4 RF to LOD (W bk R/cl L), fwd L, XRIEL trn 1/2 RF release
 lead hnds (W fwd L), fwd L (W fwd R trn 1/2 RF to fc M);
 anchor R/L, R with arm circle & jn R hnds fcg RLOD, [Reverse
 Spin 12 3&4 5&6] Stack hnds L over R svl 1/4 LF sd L, raise
 L hnds over W's head rec R; L/R, L trng 1/4 LF lwrng L hnds
 & raising R hnds over W's head (W spin 1 full trn LF), svl
 1/8 LF sd R lwrng R hnds bhd M's head/cl L, svl 1/8 LF rec R
 raising L hnds over M's head (W fcg RLOD) M fcg COH;
- 11-12 TUCK & SPIN TO A FREEZE ;;
 [123&4 5&6&7&8] Lwr L hnds bhd M's head wheel 1/2 CCW bk L,
 bk R, svl 1/4 LF cl L/in place R (W svl 1/4 LF sd R/svl 1/4
 LF cl L), fwd L (W svl 1/2 RF fwd R spin 1/2 RF); anchor
 R/L, R, lwr on R/pt L twd COH, hold fcg LOD;
- PART C
- 1-2 CIRCULAR KICK BALL CROSS 4 ;;
 [1a23a4 5a67a8] Svl LF 1/8 kick fwd L/sml step fwd on ball of
 L, XRIEL (W svl RF on L pt R fwd twd DRC/cl R svl 1/4 LF on R,
 fwd L twd DRW) progressing in CW circle approx 1/8 rotation ..
 repeat to fc wall (W fcg RLOD); repeat measure 1 to fc RLOD (W fcg COH);
- 3-5 UNDERARM TURN SUGAR PUSH ;;
 [Underarm Turn 123&4 5&6] (W svl 1/4 RF on L) bk L, fwd & sd
 R to W's R sd raise lead hnds above W's head, svl RF to fc COH
 sd L/rec R trng 1/4 RF to LOD, fwd L lwrng lead hnds, (W same
 as meas 6 of Part A); anchor R/L, R fcg LOD,
 [Sugar Push 12 3&4 5&6] Bk L, bk R; tap L, fwd L, anchor R/L, R fcg LOD;
- 6-7 MAN TUNNEL ;;
 [1234 a567&8 (W 123&4 567&8)] Bk L both hnds jnd, fwd R to W's
 L sd raising lead hnds high with M's R arm folded across his
 waist, tch L, strong step sd L lwrng lead hnds to waist in
 wrapped pos, (W fwd R, fwd L, circle LF bhd M fwd R/fwd L, fwd R
 to M's R sd both fcg LOD); lwrng deep into L/slide trail hnd
 down lead arm M bent over at waist strong step bk R (W fwd L),
 sit fwd L M straighten (W fwd R trn 1/2 LF to fc ptr),
 anchor R/L, R fcg LOD;
- 8-12 TANDEM SUGAR PUSHES ;;;;
 [Modified Underarm Turn to Tandem 1234 (W 123&4)] X-hnds L
 over R bk L, sd & fwd R to W's R sd raise jnd L hnds, svl RF sd
 & fwd L trng RF to fc RLOD, fwd R, (W fwd R, fwd L under jnd L
 hnds, sml fwd R/cl L, ck fwd R) now in tandem pos both fcg RLOD
 M bhd W dbl hndhold;
 [Tandem Sugar Pushes 1234 5612 3456] (W same footwork) Bk L,
 bk R, tap L, lwrng deep into R strong fwd L; kick R fwd lift on
 L while lifting R knee, bk R, bk L, bk R; tap L, lwrng deep into
 R strong fwd L, kick R fwd lift on L while lifting R knee, bk R both fcg RLOD;
 [Transition from Tandem to OP Facing Partner 1234 (W 123&4)]
 Bk L leading W bk, fwd R to W's L sd raise jnd R hnds over W's
 head, svl 1/4 RF sd L, svl 1/4 RF rec R lwrng R hnds, (W bk L,
 bk R, bk L/cl R under R jnd hnds, bk L) lead hnds jnd fcg LOD;
- INTERLUDE
- 1-4 SLING SHOT UNDERARM TURN ;;;;
 [Sling Shot 1234 5678 9&10 (W 123&4 5678 9&10)] Bk L, fwd &
 sd R to W's R sd to fc wall raise lead hnds above W's head
 M's R hnd ckg W at her waist, tap L, svl 1/4 RF sd L lwr lead
 hnds, (W fwd R, fwd L, fwd R/cl L, sml bk R); rk fwd R, rec L,
 rk bk R, rec L (W fwd R trn 1/2 LF); anchor R/L, R fcg RLOD,
 [Underarm Turn 12 3&4 5&6] Same as measures 3-4 of Part C to fc LOD,;;;
- ENDING
- 1-3 CHICKEN WALKS 2 SLOW ; 4 QUICKS TO LEFT SIDE PASS ;;
 [1234 1234 5&67&8] Bk L, -, bk R, -; bk L, bk R, bk L, bk R
 curving LF to end on W's L sd fcg COH (W fcg RLOD); svl
 1/4 LF cl L/R (W svl 1/8 LF sd & fwd R/XLIFR trng to fc
 wall), fwd L (W svl 1/4 LF bk R), anchor R/L, R fcg RLOD;
- 4+ LADY ROLL LF TO SHADOW - MAN LUNGE RIGHT ; SWIVEL (W SIT).
 [1234 a5] Bk L, svl LF fwd & sd R to fc wall bhd W in
 shadow pos, cl L hnds on W's hips, lwrng deep into L lunge
 R twd RLOD L hnd on W's L hip R hnd on R thigh fingers
 inboard head R, (W fwd R spin 3/4 LF to fc wall head L,
 cl L, hnds on hips hold, hold); svl 1/4 LF to fc W/LOD,
 look at W (W svl 1/4 RF/sit on L pt R twd RLOD raise R
 hnd high and look at ptr) sharply on last beat of music.