

# Take Back

**COPPER** KNOB  
STEPPERS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Val O'Connor (UK) - December 2015  
音樂: Take Back - Adam Lambert : (Album: Trespassing)



Alternate Music: Trespassing By Adam Lambert ( No Restarts, Intro: 16 Counts )

Intro: ( 8 Secs Approx ) 10 Piano Beats And Then Start On Vocals

## S1: WALK RL,R SIDE ROCK CROSS, L SIDE ROCK, L SAILOR CROSS

1-2-3&4      Walk forward RL, rock R to R side, recover onto L, cross R over L  
5-6-7&8      Rock L to L side, recover onto R, turn ¼ L crossing L behind R,(&) step R to R side, cross L over R ( 9 )

## S2: POINT CROSS X 2, SIDE R, ¼ L SAILOR & HEEL & TOUCH

1-2-3-4      Point R to R side, cross R over L, point L to L side, cross L over R  
5-6&7&8      Step R to R side, ¼ L crossing L behind R,(&) step R to R side, dig L heel to L diagonal, (&) step down on L, Touch R next to L (6)

## S3: TAP STEP DOWN DIAGONAL X 2, R JAZZ BOX

1-2-3-4      Tap R slightly forward to R diagonal, step down on R , tap L slightly forward to L diagonal, step down on L  
5-6-7-8      Cross R over L, step back on L, step R to R side, step forward on L

## S4: R FORWARD ROCK, ½ R, WALK FORWARD LR, L KICK BALL STEP, STEP FORWARD L

1-2-3-4      Rock forward on R recover back on L , ½ R stepping forward R, walk forward L (12)  
(Restart here on wall 5)  
5-6&7-8      Walk forward R, Kick L forward, (&) step down on L, step forward R, step forward L

## S5: R FORWARD ROCK & OUT RL BACK R, BACK L ½ R & OUT LR STEP FORWARD L

1-2&3-4      Rock forward on R, weight back on L, (&) step back and out to R, step L out to L side, step back on R  
1-2&3-4      Step back on L, ½ R stepping forward on R, (&) step L out to L side, step out R to R side, step forward L (6)

## S6: CROSS R SIDE L, R BEHIND & R HEEL, & CROSS L, HOLD, & CROSS L, ¼ L

1-2-3&4      Cross R over L, step L to L side, cross R behind L, (&) step slightly back on L, dig R heel to R diagonal  
&5-6&7-8      (&) Step down on R, cross L over R, Hold, (&) step R to R side, cross L over R, ¼ L step back on R (3)

## S7: LONG STEP L SIDE, DRAG RIGHT & WALK LR, L FORWARD ROCK & TOUCH BACK R, ½ R

1-2&3-4      Step L long step to L, drag R to L, (&) step down on R, walk forward LR  
5-6&7-8      Rock forward on L, recover on R, (&) step slightly back on L, touch back R, ½ R putting weight on R (9)

## S8: SIDE L HOLD, & L SIDE ROCK CROSS, ¼ L, SIDE L , DRAG TOUCH R

1-2-&3-4-5      Step L to L side, Hold, (&)step R next to L, rock L to L side, recover onto R, cross L over R  
6-7-8      ¼ L stepping back on R, step L to L side. Drag R next to L and touch R next to L (6)

## END OF DANCE

## #16 COUNT TAG AT END OF WALL 2 ( Facing Front )

1-2&3-4      Step R to R side, Hold, (&) step L next to R, step R long step to R side, drag L next to R (Weight on L)

5-6-7-8          Cross R over L, ¼ R step back on L, ¼ R step R to R side, cross L over R

**Repeat steps 1-8**

**Restart from beginning**

**RESTART AFTER 28 COUNTS DURING WALL 5**

**Contact ~ EMAIL: [valerieoconnor1@msn.com](mailto:valerieoconnor1@msn.com)**

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