

Take Back Your Life



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Beginner Level Dance.

Choreographed by: Marianne Van Der Toorn Vrijithoff (NL) May 2024 Choreographed to: Take Back Your Life by Duguneh & Mohombi feat Sha

Intro: 16 Counts. Start at approx 16 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 CHASSE, ROCK BACK, CHASSE, ROCK BACK, RECO	VER
1&2 RF step to R side, LF step next to RF, RF step to R side	
3-4 LF rock back, RF recover	
5&6 LF step to L side, RF step next to LF, LF step to L side	
7-8 RF rock back, LF recover	
SEC 2 CROSS, POINT, CROSS, POINT, CROSS, STEP BACK,	SWAY, SWAY
1-2 RF cross over LF, LF tap toe to L side	
3-4 LF cross over RF, RF tap toe to R side	
5-6 RF cross over LF, LF 1/4 turn R, step back (3.00)	
7-8 RF sway to R side, LF sway to L side	
1-0 Rr Sway to R Side, Er Sway to E side	
SEC 3 SHUFFLE, ROCK, SHUFFLE BACK, ROCK BACK	
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SEC 3 SHUFFLE, ROCK, SHUFFLE BACK, ROCK BACK	
SEC 3 SHUFFLE, ROCK, SHUFFLE BACK, ROCK BACK 1&2 RF step fwd, LF step together, RF step fwd	
SEC 3 SHUFFLE, ROCK, SHUFFLE BACK, ROCK BACK 1&2 RF step fwd, LF step together, RF step fwd 1&3-4 LF rock fwd, RF recover	
SEC 3 SHUFFLE, ROCK, SHUFFLE BACK, ROCK BACK 1&2 RF step fwd, LF step together, RF step fwd 3-4 LF rock fwd, RF recover 5&6 LF step back, RF step together, LF step back	JCH
SEC 3 SHUFFLE, ROCK, SHUFFLE BACK, ROCK BACK 1&2 RF step fwd, LF step together, RF step fwd 3-4 LF rock fwd, RF recover 5&6 LF step back, RF step together, LF step back 7-8 RF rock back, LF recover (3.00)	JCH
SEC 3 SHUFFLE, ROCK, SHUFFLE BACK, ROCK BACK 1&2 RF step fwd, LF step together, RF step fwd 3-4 LF rock fwd, RF recover 5&6 LF step back, RF step together, LF step back 7-8 RF rock back, LF recover (3.00) SEC 4 PIVOT ¼, PIVOT ¼, SIDE ROCK, RECOVER, SIDE, TOU	JCH
SEC 3 SHUFFLE, ROCK, SHUFFLE BACK, ROCK BACK 1&2 RF step fwd, LF step together, RF step fwd 3-4 LF rock fwd, RF recover 5&6 LF step back, RF step together, LF step back 7-8 RF rock back, LF recover (3.00) SEC 4 PIVOT ¼, PIVOT ¼, SIDE ROCK, RECOVER, SIDE, TOU 1-2 RF step fwd, LF 1/4 turn L (12.00)	JCH

