

# Take My Love



**Choreographers:** Chris & Terri Cantrell, 960 Garnet St., Broomfield, CO 80020; 303-469-9140, [dance@ctkr.com](mailto:dance@ctkr.com)

**Many Thanks to Michael Johnson for fabulous choreography & a great workout ☺**

**Rhythm & Phase:** West Coast Swing VI due to unphased figures

**WCS Difficulty Level:** Intermediate

**Music:** "Take My Love, Take My Love" Premium Standard: Ballroom Swing (Casaphon) CP 5001, Track #12 or contact choreographer **Speed:** Decrease speed\* of original music 8% (~26.5 bpm)

**Timing:** 1½ measures: QQ Q&Q Q&Q (1,2,3&4; 1&2,,) 2 measures: QQ Q&Q QQ Q&Q (1,2,3&4; 1,2,3&4;)

**Footwork:** Directions for M, W normal opposite, exceptions in ( )

**Comments:** [[Easier Options]]

**Sequence:** Introduction A B Amod B Amod (0-11) End

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## Introduction

[0-4] Wait 2 beats, W Walk 2 ; W Lunge & Pt Thru M Legs ; W Spt Trn 4 to M Rt Sd ; W

Body Wave ;

- (- QQ) [1] **{Wait 2 Beats,, M Hold - W Walk 2}** Wait fcg Wall with split wgt & legs apart (W Fac M about 4 feet away R free wait 2 beats,, walk 2 R, L swvl LF to fac RLOD in "L" position directly in front of M);
- [2] **{W Lunge & Point Thru M Legs}** Hold (W Lower bending lft knee & stretch rt leg & foot between M's legs,, draw R to L);
- (Actions: SS)
- (QQQQ) [3] **{W Spot Turn to M's Right Side}** Hold (W Fwd R to Wall, rec L fac DRC, fwd R swivel1/4 RF to fac M's rt side & LOD, sd L split weight);
- 0(S-0) [4] **{W Body Wave}** Hold,, rec R (W Body Wave on M's rt side,, rec L);

## Part A

[0-8] Tuck Trn to Wall; , Sugar In & Out ; ; UA Trn with Head Loop ; , Surprise UA Trn ; ;

Sugar Push In Place ; ;

- QQ-Q Q&Q [0-1.5] **{Tuck Trn to Wall}** Fwd L, rec R, tap L fwd, fwd L; Anchor step (W Bk R, fwd L, sd R/ XLIF of R swivel slightly LF to tuck into M, sd R comm RF spin; cont RF spin L/R,L) LOP-fcg Wall in rt-rt handshake,
- (QQ Q&Q Q&Q)
- QQ-Q Q&Q [1.5-3] **{Sugar In & Out}** Bk L, small stp bk R stay in slot; Point L sd trng W 1/2 LF to tandem place lft hand on her back to stop her progress, rec L, anchor step (W Fwd R, fwd L; Swivel ½ LF bk R/ cls L to R, fwd R swivel to fac M, anchor step) OP-fcg handshake Wall;
- (QQ Q&Q Q&Q)
- [3-4.5] **{Underarm Turn with M's Head Loop}** Bk L, fwd & sd R out of slot comm trn RF, sd L/ rec R, fwd & sd L into slot; Anchor step jnd hands over M head trning body slightly RF then put M's lft hand on W's back release rt-rt hold and allow W's rt hand to slide down M's lft arm (W Fwd R, fwd L, swivel 1/4 LF sd R/ XLIF of R, sd R to fac M-Wall; Anchor step) LOP-fcg COH, [[Option: substitute with normal UA Trn]]
- QQ-Q-Q&Q [4.5-6.5] **{Surprise Underarm Turn}** Bk L, rec R out of slot; sd L in lunge & hold,,; Anchor step (W Fwd R, fwd L; Swivel 1/2 LF to fac COH & bk R/ cls L to R, fwd R, fwd L, fwd R swivel 1/2 LF to fac M; Anchor step) LOP-fcg COH,
- (QQ Q&Q QQ Q&Q)
- Q&Q-Q Q&Q [6.5-8] **{Sugar Push In Place}** Bk L/ sd R, sd L split wgt; Hold, rec L, anchor step (W Fwd R, fwd L; Cls R to L/ in place L, bk R, anchor step) LOP-fcg COH; [[Option: substitute with normal Sugar Push]]
- (QQ Q&Q Q&Q)

[9-16] Whip Trn Chg Hnds Beh Bk ; ; Whip with Inside Trn ; ; Inside Whip with Inside Trn ; ;

Sugar Rocks with UA Trn ; ;

- [9-10] **{Whip Turn change hands behind the back}** Bk L, fwd & sd R out of slot, swvl 1/4 RF to fac LOD sd L/ rec R 1/4 RF trn to fac Wall, fwd L CP place W's rt hnd behind her back to rt-rt handshake; XRIB of L, swvl 1/2 RF on R to fac COH then fwd L, anchor step (W Fwd R, fwd L swvl 1/2 RF, bk R/ cls L to R, fwd R put rt hnd behind back; Fwd L, spin 1-1/2 LF bk R, anchor step) LOP-fcg COH;
- [11-12] **{Whip with Inside Turn}** Bk L, fwd & sd R out of slot, swvl 1/4 RF to fac LOD sd L/ rec R 1/4 RF trn to fac Wall, fwd L CP raise jnd hnds bet faces; XRIB of L, swvl 1/2 RF on R to fac COH then fwd L, anchor step (W Fwd R, fwd L swvl 1/2 RF, bk R/ cls L to R, fwd R; Fwd L, fwd R trn 1/2 LF, anchor step) LOP-fcg COH;

\* To slow the original music, try DanceMaster <http://clarkandsandy.com/DanceMaster> or Amazing Slow Downer [www.ronimusic.com](http://www.ronimusic.com) available in both a limited free or a for purchase version.

- [13-14] **{Inside Whip with Inside Turn}** Bk L, fwd & sd R out of slot raise jnd hnds bet faces, swvl 1/4 RF to fac LOD sd L/ rec R 1/4 RF trn to fac Wall, fwd L CP raise jnd hnds bet faces; XRIB of L, swvl 1/2 RF on R to fac COH then fwd L, anchor step (W Fwd R, fwd L swvl 1/2 LF, bk R/ cls L to R, fwd R; Fwd L, fwd R trn 1/2 LF, anchor step) LOP-fcg COH;
- aQaQaQ  
aQaQaQ  
Q&Q [15-16] **{Sugar Rocks with Underarm Turn}** Bk L/ pt R fwd, rec R/ tap L bk, bk L/ pt R fwd, rec R/ tap L bk; Bk L/ pt R fwd, rec R/ tap L bk, trn 1/4 RF sd L/ XRIF of L raise jnd hnds bet faces, sd & fwd L LOP-fcg Wall (W Bk R/ pt L fwd, rec L/ tap R bk, bk R/ pt L fwd, rec L/ tap R bk; Bk R/ pt L fwd, rec L/ tap R bk, trn 1/4 LF sd R/ XLIF of R, sd R 1/4 trn LF) LOP-fcg Wall trail feet free; [Note: Anchor step is at top of Part B]

## Part B

- [0-4] Anchor , Sugar Tuck & Twirl ; ; Wrapped Whip to Hammerlock ; ;
- Q&Q [0-0.5] **{Anchor Step}** XRIB of L, rec L, sd & bk R (W XLIB of R, rec R, sd & bk L),
- Q0-Q  
Q&Q [0.5-2] **{Sugar Tuck & Twirl}** Bk L, sm bk R; Tap L fwd, fwd L twirl W to fac, anchor step (W Fwd R, fwd L; Tap R in place swvl slightly LF, sd R comm RF spin, cont RF spin L/R,L) LOP-fcg Wall;
- [3-4] **{Wrapped Whip to Hammerlock}** Bk L to dbl hnd hold, fwd & sd R out of slot raise lead hnds bet faces, swvl 1/4 RF to fac RLOD sd L/ rec R 1/4 RF trn wrapped-COH, fwd L; XRIB of L, swvl 1/2 RF on R to fac Wall then fwd L, anchor step (W Fwd R, fwd L, fwd R/ cls L to R, bk R; Bk L comm trn RF, fwd R cont RF trn, L/R,L cont RF trn under jnd lead hnds allow trail hnds to fold behind back) Hammerlock-fcg Wall;
- [5-8] Wrapped Whip Exit ; ; Whip Freeze ; ;
- [5-6] **{Wrapped Whip Exit}** Bk L, fwd & sd R out of slot, swvl 1/4 RF to fac RLOD sd L/ rec R 1/4 RF trn wrapped-COH, fwd L; XRIB of L, swvl 1/2 RF on R to fac Wall then fwd L, anchor step (W Fwd R, fwd L comm LF trn, R/L,R cont LF trn under jnd lead hnds wrapped-COH; Bk L, bk R, anchor step) LOP-fcg Wall;
- Q0  
Q&Q  
S- [7-8] **{Whip Freeze}** Bk L, fwd & sd R out of slot, swvl 1/4 RF to fac RLOD sd L/ rec R 1/4 RF trn to fac COH, fwd L CP; Cont trn RF XRIF of L lunge twd COH & hold,, swvl RF to fac Wall no wgt chg (W Fwd R, fwd L swvl 1/2 RF, bk R/ cls L to R, fwd R; Swvl RF sd L twd Wall fac RLOD sway upper body twd M, tch rt toe to lft instep,, swvl RF to fac COH & M no wgt chg);

## Part A Modified

- [0-1.5] Sugar Tuck & Twirl ; ,
- Q0-Q0&Q [0-1.5] **{Sugar Tuck & Twirl}** Repeat Part B – Measure 1 to 1.5,;
- [1.5-16] Sugar In & Out ; ; UA Trn with Head Loop ; , Surprise UA Trn ; ; , Sugar Push In Place ; ; Whip Trn Chg Hnds Beh Bk ; ; Whip with Inside Trn ; ; Inside Whip with Inside Trn ; ; Sugar Rocks with UA Trn ; ;
- [1.5-16] Repeat Part A – Measure 1.5 to 16;,,,,,;

## Repeat Part B

### Repeat Part A Modified (0-12 Through Whip w/ inside trn)

## End

- [0-5] UA Trn ; , 2 Sailor Shuffles ; , Slow, I Love You So ; Layback .
- [0-1.5] **{Underarm Turn}** Bk L, fwd & sd R out of slot comm trn RF, sd L/ rec R, fwd & sd L into slot; Anchor step (W Fwd R, fwd L, swivel 1/4 LF sd R/ XLIF of R, sd R swvl 1/4 LF to fac M-Wall; Anchor step) LOP-fcg Wall,
- Q&Q Q&Q [1.5-2.5] **{2 Sailor Shuffles}** XLIB of R/ sd R, sd L; XRIB of L/ sd L, sd R,
- SQ&Q [2.5-3.5] **{Slow, I Love You So}** Sd & fwd L to CP-Wall; bump & grind transfer wgt R/ L,R (W Sd & fwd R; bump & grind transfer wgt L/ R,L),
- S- [3.5-5] **{Layback}** Lunge sd L rotate LF (W sd R placing rt arm arnd M's waist swvl & quickly lwer to layback position).