

# Take My Love, Take Me

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**Music:** "Take My Love, Take My Love (Slowfox 29)" by Claire (Ballroom Swing Album)  
<https://casa-musica.com/en/single-tracks/24263-take-my-love-take-my-love-slowfox-29.html>

Cut music at 2:15.560, fade out from 2:14.700, Final length: 2:15.560

**Rhythm & Phase:** Foxtrot, Phase IV **Original Time:** 2:29 at 29 MPM

**Footwork:** Opposite (*except where noted*) **Suggested Tempo:** 43.5 RPM

**Sequence:** Intro, A, B, A, B, A(1 – 8), Ending

**Released:** February 17, 2024

## Intro (4 measures)

**1 – 4 Wait ; ; Step Together Touch ; Feather Finish ;**

-- 1–2 {Wait} Wait in LOP facing DLW with lead hands joined, ld feet free ; ;  
S-- 3 {Step Together Touch} Fwd L to CP w/slight RF rotation & stretch, -, -, - ;  
SQQ 4 {Feather Finish} Bk R comm LF trn, -, sd & fwd L, fwd R in BJO DLC ;

## Part A (16 measures)

**1 – 4 Reverse Turn ; ; Three Step ; Half Natural ;**

SQQ SQQ 1–2 {Reverse Turn} Fwd L comm LF trn, -, sd & bk R fc RLOD, bk L (*W bk R comm LF trn pull L heel to R heel turn*), -, *chg wgt to L, fwd R*) in CP ; Bk R comm LF trn, -, sd & slightly fwd L, thru R BJO fcg DLW ;  
SQQ 3 {Three Step} Fwd L to CP DLW, -, fwd R w/R sd leading, fwd L ;  
SQQ 4 {Half Natural} Fwd R comm RF trn, -, sd & slightly bk L to CP RLOD, bk R (*W bk L comm RF trn pull R heel to L heel turn*), -, *chg wgt to R, fwd L*) in CP fcg RLOD ;

**5 – 8 Back Feather ; Back Three Step ; Closed Impetus ; Feather Finish ;**

SQQ 5 {Back Feather} Bk L, -, bk R with right sd lead, bk L BJO fcg RLOD ;  
SQQ 6 {Back Three Step} Bk R to CP, -, bk L slight LF body trn, bk R fcg RLOD ;  
SQQ 7 {Closed Impetus} Bk L draw R to L trng RF on L heel, -, cl R to L, bk L (*W fwd R trng RF, -, sd & fwd L, fwd R*) in CP fcg DLW ;  
SQQ 8 {Feather Finish} Bk R comm LF trn, -, sd & fwd L, fwd R in BJO DLC ;

**9 – 12 Diamond Turn ½ ; ; Quick Diamond 4 ; Dip Back & Recover ;**

SQQ SQQ 9–10 {Diamond Turn ½} Staying in BJO throughout... fwd L trng ¼ LF, -, sd & bk R, bk L ; bk R trng ¼ LF, -, sd & fwd L, fwd R DRW ;  
QQQQ 11 {Quick Diamond 4} Fwd L comm LF trn, sd & bk R, bk L, bk R (*W bk R trng LF, sd & fwd L, fwd R, fwd L*) to CP fcg DLW ;  
SS 12 {Dip Back & Recover} Dip bk on soft L, -, rec R CP fcg DLW, - ;

**13 – 16 Reverse Wave ; ; Closed Impetus ; Feather Finish ;**

SQQ SQQ 13–14 {Reverse Wave} Fwd L comm ⅔ LF trn, -, sd & slightly bk R fcg COH, bk L starting slight LF trn (*W bk R comm ⅔ LF trn bring L foot to R heel turn*), -, *chg wgt to L, fwd R starting slight LF trn*) ; Bk R cont slight LF trn curving to fc RLOD, -, bk L, bk R with upper body LF turn ;  
SQQ 15 {Closed Impetus} Bk L draw R to L trng RF on L heel, -, cl R to L, bk L (*W fwd R trng RF, -, sd & fwd L, fwd R*) in CP fcg DLW ;  
SQQ 16 {Feather Finish} Bk R comm LF trn, -, sd & fwd L, fwd R in BJO DLC ;

## Part B (8 measures)

### 1 – 4 Telemark Semi ; In & Out Runs ; ; Feather ;

- SQQ 1 {Telemark Semi} Fwd L comm LF trn, -, sd R w/L sd lead cont LF trn, sd & slightly fwd L (*W bk R comm LF trn pull L heel to R [heel turn], -, chg wgt to L, sd & slightly fwd R*) to SCP fcg DLW ;
- SQQ SQQ 2–3 {In & Out Runs} Thru R comm RF trn, -, sd & slightly bk L to CP RLOD, bk R (*W thru L, -, fwd R btwn M's feet trng RF, fwd L*) to BJO fcg RLOD ; Bk L comm RF trn, -, sd & fwd R btwn W's feet cont RF trn, fwd L (*fwd R comm RF trn, -, fwd & sd L cont RF trn, fwd R*) to SCP DLC ;
- SQQ 4 {Feather} Fwd R, -, fwd L with left sd lead, fwd R BJO fcg DLC ;

### 5 – 8 Reverse Turn ; ; Whisk ; Feather ;

- SQQ SQQ 5–6 {Reverse Turn} Fwd L comm LF trn, -, sd & bk R fc RLOD, bk L (*W bk R comm LF trn pull L heel to R [heel turn], -, chg wgt to L, fwd R*) in CP ; Bk R comm LF trn, -, sd & slightly fwd L, thru R BJO fcg DLW ;
- SQQ 7 {Whisk} Fwd L, -, sd & slightly fwd R, xlib (*W xrib*) w/RF upper body trn to SCP DLC ;
- SQQ 8 {Feather} Fwd R, -, fwd L with left sd lead, fwd R BJO fcg DLC ;

## Part A (Repeat)

### 1 – 16 Reverse Turn ; ; Three Step ; Half Natural ; Back Feather ; Back Three Step ; Closed Impetus ; Feather Finish ; Diamond Turn 1/2 ; ; Quick Diamond 4 ; Dip Back & Recover ; Reverse Wave ; ; Closed Impetus ; Feather Finish ;

1 – 16 Repeat Part A measures 1 - 16

## Part B (Repeat)

### 1 – 8 Telemark Semi ; In & Out Runs ; ; Feather ; Reverse Turn ; ; Whisk ; Feather ;

1 – 8 Repeat Part B measures 1 - 8

## Part A (1 – 8)

### 1 – 8 Reverse Turn ; ; Three Step ; Half Natural ; Back Feather ; Back Three Step ; Closed Impetus ; Feather Finish ;

1 – 8 Repeat Part A measures 1 - 8

## Ending (6 measures)

### 1 – 4 Reverse Turn ; ; Three Step ; Feather ; Three Step ; Right Lunge ;

- SQQ SQQ 1–2 {Reverse Turn} Fwd L comm LF trn, -, sd & bk R fc RLOD, bk L (*W bk R comm LF trn pull L heel to R [heel turn], -, chg wgt to L, fwd R*) in CP ; Bk R comm LF trn, -, sd & slightly fwd L, thru R BJO fcg DLW ;
- SQQ 3 {Three Step} Fwd L to CP DLW, -, fwd R w/R sd leading, fwd L ;
- SQQ 4 {Feather} Fwd R, -, fwd L with left sd lead, fwd R BJO fcg DLC ;
- SQQ 5 {Three Step} Fwd L to CP DLW, -, fwd R w/R sd leading, fwd L ;
- SQQ 6 {Right Lunge} Slightly lower on L leg & lunge sd & fwd R (*W's head to L*), -, -, - ;

## Head Cues

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### Intro

1 – 4 Wait ; ; Step Together Touch ; Feather Finish ;

### Part A

1 – 16 Reverse Turn ; ; Three Step ; Half Natural ; Back Feather ; Back Three Step ; Closed Impetus ; Feather Finish ;  
Diamond Turn  $\frac{1}{2}$  ; ; Quick Diamond 4 ; Dip Back & Recover ; Reverse Wave ; ; Closed Impetus ; Feather Finish ;

### Part B

1 – 8 Telemark Semi ; In & Out Runs ; ; Feather ; Reverse Turn ; ; Whisk ; Feather ;

### Part A

1 – 16 Reverse Turn ; ; Three Step ; Half Natural ; Back Feather ; Back Three Step ; Closed Impetus ; Feather Finish ;  
Diamond Turn  $\frac{1}{2}$  ; ; Quick Diamond 4 ; Dip Back & Recover ; Reverse Wave ; ; Closed Impetus ; Feather Finish ;

### Part B

1 – 8 Telemark Semi ; In & Out Runs ; ; Feather ; Reverse Turn ; ; Whisk ; Feather ;

### Part A (1 – 8)

1 – 8 Reverse Turn ; ; Three Step ; Half Natural ; Back Feather ; Back Three Step ; Closed Impetus ; Feather Finish ;

### Ending

1 – 6 Reverse Turn ; ; Three Step ; Feather ; Three Step ; Right Lunge ;

### Note

The ending can be improved if the music that is faded out is also stretched out so that the Right Lunge has more time.