Actual progression from "I'll Be Back."

F7  B♭7  F7

B♭7  F7  Am7(b5)  D7(b9)

Gm7  C7  F7  D7(b9)  Gm7  C7

Step 1

Simplified progression

F7 (I)  B♭7 (IV)  F7

B♭7

C7(V)  F7
Let's consider the tones written as whole notes to be "caution tones." By caution, I mean that they are suitable as passing tones but not as emphasis tones.

Example 1

All notes may be played in any range.

Step 3

If you examine example 2, you will see that the tones we've used when stacked in thirds (with the omission of the 11ths, which we previously labeled "caution tones") form complete chords. Be aware that rhythm players often voice 7th chords to include both the 9th and 13th (seen in the scale as the 6th) tones of the scale.