(b) Write the position function in the form $u(t) = R\cos(\omega_0 t - \delta)$. Identify the frequency, amplitude, and phase of the motion.

(Hint: If $u(t) = A\cos(\omega_0 t) + B\sin(\omega_0 t)$, then $R = \sqrt{A^2 + B^2}$ and $\tan \delta = B/A$).

So, U= -4 cos(8t) + 4 sin(8t)

Freq. :=
$$\omega_0 = 8$$
 (Period is $\frac{2\pi}{8} = \frac{\pi}{4}$)

Amp. := $R = \sqrt{(-4)^2 + (4)^2} = \sqrt{32} = \frac{\pi}{4}$

tan $8 = \frac{\pi}{4} = -1$

Since A<0 and B>0,

this is in quadrant II,

So $S = \frac{3\pi}{4}$ is the phase.