In phpmyadmin

To dump tables

1. Select tables
2. Click export
3. Click sql or other option as desired
4. Click save file
5. Click go
6. Verify success

To restore tables

1. To retain recent work, export current status as above
2. To avoid collision, drop all tables
3. Click import
4. Browse to location of originalBackup.sql file
5. Click go
6. Selectively run queries from the secondBackup.sql file