

Hate 2 Love

Count: 0

Wand: 4

Ebene: Intermediate

Choreograf/in: Ivy Chan Siew Lin (SG)

Musik: I Hate Myself for Loving You - Joan Jett & The Blackhearts



Sequence: AA, TAG, BA, AA, TAG, BA, A(17-32), TAG, BB, AA

PART A

FORWARD, TOUCH, SIDE SHUFFLE, FORWARD, FORWARD, BACK, BACK

- 1-2 Step right forward & diagonal to right, touch left foot beside right
- 3&4 Step left to left side, step right beside left, step left to left side
- 5-6 Step forward & diagonal to right, step forward & diagonal to left (feet apart)
- 7-8 Step right back, step left beside right (feet together)

½ PIVOT TURN, KICK BALL CHANGE, RIGHT MAMBO, LEFT MAMBO

- 1-2 Step forward on right, pivot ½ turn on left
- 3&4 Kick right foot forward, step slightly back on ball of right, step left foot in place
- 5&6 Rock right to right side, recover on left, step right beside left
- 7&8 Rock left to left side, recover on right, step left beside right

SKATE, SKATE, RIGHT SHUFFLE, SKATE, SKATE, LEFT SHUFFLE

- 1-2 Skate right foot out to right diagonal, skate left foot out to left diagonal
- 3&4 Step forward right, step left beside right, step forward right
- 5-6 Skate left foot out to left diagonal, skate right foot out to right diagonal
- 7&8 Step forward left, step right beside left, step forward left

CROSS ROCK, SIDE, CROSS ROCK, SIDE, ½ PIVOT TURN, ½ PIVOT TURN

- 1&2 Cross rock right over left, recover on left, step right to right side
- 3&4 Cross rock left over right, recover on right, step left to left side
- 5-6 Step forward on right, pivot ½ turn left
- 7-8 Step forward on right, pivot ½ turn left

TAG

SYNCOPATED - IN, IN, OUT, OUT,(X3) HIP BUMP

- &1&2 Jump feet together right left slightly forward, jump feet apart right left slightly back
- &3&4 Jump feet together right left slightly forward, jump feet apart right left slightly back
- &5&6 Jump feet together right left slightly forward, jump feet apart right left slightly back
- 7&8 Bump hips left, right, left

PART B

STOMP, STOMP, KNEE POP, HOLD, HIP BUMP (HAND ACTION)

- 1-2 Stomp forward & diagonal to right, stomp forward & diagonal to left (feet apart)
- 3-4 Pop right knee in, (both hands across the body), hold
- 5-6-7-8 Bump hips to the left 4 time (point to the front, both hands slowly from center to side)

HIP BUMP, ½ TURN HIP BUMP, KICK BALL CHANGE, KICK BALL CHANGE

- 1&2 Step right forward, bump right hip forward, back, forward
- 3&4 Make ½ turn to left, bump left hip forward, back, forward
- 5&6 Kick right foot forward, step slightly back on ball of right, step left foot in place
- 7&8 Kick right foot forward, step slightly back on ball of right, step left foot in place

FORWARD ROCK, COASTER STEP, ½ PIVOT TURN, FORWARD SHUFFLE

1-2 Rock forward on right, rock back on left
3&4 Step back on right, step left beside right, step right forward
5-6 Step forward on left, pivot ½ turn on right
7&8 Step forward on left, step right beside left, step forward on left

¼ TURN STOMP RIGHT, HOLD, KNEE POP, HOLD, HIP BUMP (HAND ACTION)

&1-2 Hook right behind & turn ¼ turn to left, stomp right to right side, hold (arm straight to side)
3-4 Pop right knee in, (raise both hands up and place behind the head, head looking down), hold
5-6-7-8 Bump hips to the left 4 time (point to the front, lower both hands slowly)

ENDING

STOMP, STOMP, KNEE POP, HOLD, HIP BUMP (HAND ACTION)

1-2 Stomp forward & diagonal to right, stomp forward & diagonal to left (feet apart)
3-4 Pop right knee in, (raise both hands up and place them behind the head, head looking down)
hold
5-6-7-8 Bump hips to the left 4 time (point to the front, lower both hands slowly)
