

# Love and Hate

Count: 32

Wall: 4

Level: Improver

Choreographer: Hiroko Carlsson (AUS) - February 2021

Music: Love and Hate (Ballerini album version) - Kelsea Ballerini : (iTunes / Spotify)



(Intro: 16 counts)

## [S1] Side-Together-Cross, Side Shuffle Turn, Behind

1 2 3 Big step R to the side, Step L next to R, Cross R over L  
4&5 Side shuffle to the left on L-R-L  
6&7 Make a 1/4 turn right/side shuffle to the right on R-L-R (3:00)  
8 Step L behind R

## [S2] 1/4R Rocking Chair w/ Lift, Cross-1/4R-Side Shuffle

1 2 Make a 1/4 turn right stepping (rock) forward on R, Recover weight on L (6:00)  
3 4 Rock back on R (optional: lifting L foot forward), Recover weight on L  
5 6 Cross R over L, Make a 1/4 turn right stepping back on L (9:00)  
7&8 Side shuffle to the right on R-L-R

## [S3] Fwd, Step-Pivot 1/4L, Cross, Side w/ Drag, Ball-1/4L-1/4L Hitch

1 2 Step forward on L, Step forward on R  
3 4 Make a 1/4 turn left recover weight on L, Cross R over L (6:00)  
5 6& Big step L to the side, Drag R close to L, Ball step R beside L  
7 8 Make a 1/4 turn left stepping forward on L, Hitch R knee whilst making a 1/4 turn left on ball of L foot (12:00)

## [S4] Side-Together-Shuffle Back, Side-Together-Fwd-Drag w/ 1/4R

1 2 Step R to the side, Step L together  
3&4 Shuffle back on R-L-R  
5 6 Step L to the side, Step R together  
7 8 Step forward on L dragging R close to L, Hitch R knee whilst making a 1/4 turn right on ball of L foot (3:00)

## Tag: The end of Wall 2 (6:00) - 2x Side Rock-Cross Shuffle

1 2 Rock R to the side, Recover weight on L  
3&4 Cross R over L, Step L close to R, Cross R over L  
5 6 Rock L to the side, Recover weight on R  
7&8 Cross L over R, Step R close to L, Cross L over R

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 3/Feb/21)