

# I Hate This

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Sarah Rohrbach (DE) - October 2023

Music: I Hate This - Tenille Arts



SEQ: 64-64-16-64-64-16-16-64-64-20-5

## Diagonal FWD R, Touch L, Back L, Kick FWD R, Step Lock Step back R

- 1,2 Step RF diagonally forward, step LF behind RF
- 3,4 Step LF diagonally back, kick RF forward
- 5,6 Step RF back, cross LF in front of RF
- 7,8 Step RF back, hold

## ½ Turn L, Rock Step ½ Turn L, Scuff R, Toe Strut Turn ½ R, Toe Strut Turn ½ L, Hitch RF

- 1,2 ½ turn left and step LF forward, lift RF briefly, weight back on RF
- 3,4 ½ left turn and LF step forward, RF strong ground strut beside LF
- 5,6 Touch down right toe in front, make a ½ turn to the left and put down right heel
- 7,8 Step left toe back, make a ½ left turn and put left heel down. \*

\*Restart in 3rd ,6th & 7th wall.

## Hitch RF, Weave R, Step R, Hook L, ¼ Turn L, Hitch R

- 1,2 Raise RF slightly back, RF step right, cross LF behind RF
- 3,4 Step right with left, cross left in front of right
- 5,6 Step right with RF, cross LF in front of right knee
- 7,8 Step LF forward with ¼ turn to the left, step RF up to the back

## ½ Rumba Box FWD R, Scuff L, Step L, Scuff R, Step R, Scuff L

- 1,2 Step right to right side, step left to right side, step right to right side
- 3,4 RF step forward, LF strong floor stride beside RF
- 5,6 LF step to the left, RF strong floor stride beside LF
- 7,8 RF step to the right, LF strong ground strip next to RF

## ½ Rumba Box back L, Scuff R, Grapevine R, Point L

- 1,2 Step left with left hand, step right hand in next to left hand.
- 3,4 LF step back, RF strong floor stripe next to LF
- 5,6 Step right, cross left behind right
- 7,8 Step right to right side, turn left toe in and step left a little to left side

## Rolling Vine 1 ¼ L, Scuff R, diagonal FWD R, diagonal Step back L, stomp up R

- 1,2 ¼ left turn and LF step forward, ½ left turn and RF step back
- 3,4 ½ left turn and LF step forward, RF strong ground stride next to LF
- 5,6 RF step diagonally forward, touch down LF beside RF
- 7,8 LF step diagonally back, RF stomp next to LF and is lifted slightly

## Kick FWD R, Back R, Kick FWD L, Back L, Point R, Point FWD R, Point R, Hitch R

- 1,2 Kick RF forward, RF step back
- 3,4 Kick LF forward, LF step back
- 5,6 Touch right toe right, touch right toe front
- 7,8 Touch right toe to right side, step right back up

## Large Step diagonal FWD R, Step L, Hold, Rock back R, stomp R, Hold

- 1,2 RF long step diagonally forward
- 3,4 Touch down LF next to RF, hold

5,6 Step RF back, lift LF slightly, weight back on LF  
7,8 Stomp RF beside LF, hold

**Ending**

**On the 10th wall dance to count 20, then follow with**

1,2 Step right to right side, lift left slightly, put weight back on left.  
3,4 Step RF up beside LF twice  
5 Stomp RF in front

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