

# Love and Hate

Count: 32

Wall: 4

Level: Improver

Choreographer: Crazy Chris Adams (UK) - 29 October 2024

Music: Love and Hate - Annika Catharina



## S1: R Rumba Box Forward, Toe Strut, Toe Strut, Coaster Step

1&2 Step R To R side, Step L Beside R, Step R Forward,  
3&4 Step L To L Side, Step R Beside L, Step L Back,  
5&6& Step R Toe Back, Drop Heel Taking Weight, Step L Toe Back, Drop heel Taking weight,  
7&8 Step R Back, Step L Beside R, Step R Forward. (12)

## S2: L Samba Step, R Samba Step, Jazz Box ¼ Side Shuffle

1&2 Cross L Over R, Rock R To R Side, Recover Onto L,  
3&4 Cross R Over L, Rock L To L Side, Recover Onto R,  
5,6 Cross L Over R, Turn ¼ Turn L Stepping Back Onto R,  
7&8 Step L To L Side, Step R Beside L, Step L To L Side. (9) \*Tag & Restart Point\*

## S3: Rock Recover Shuffle ½, Rock Recover Shuffle ½,

1,2 Rock R Forward, Recover Onto L,  
3&4 ½ Turn R Stepping R Forward, Step L Beside R, Step R Forward,  
5,6 Rock L Forward, Recover Onto R,  
7&8 ½ Turn L Stepping L Forward, Step R Beside L, Step L Forward. (9)

## S4: Cross & Heel, Cross & Heel, & Jazz Box Cross

1&2 Cross R Over L, Step L To L Side, Dig R Heel To R Diagonal,  
&3&4 Step R Beside L, Cross L Over R, Step R To R Side, Dig L Heel To L Diagonal,  
&5,6 Step L Beside R, Cross R Over L, Step L Back,  
7,8 Step R To R Side, Cross L Over R. (9)

## Tag: During Wall 2 Facing 6pm And End Wall 7 Facing 3pm. x2 Toe Struts Forward

1& Touch R Toe Forward, Drop Heel Taking Weight,  
2& Touch L Heel Forward, Drop Heel Taking Weight.

Restart: After 16 Counts During Wall 4 Facing 12pm

Ending: Wall 9 Make The Final Jazz Box At The End Of The Dance A Jazz Box ¼ R To Finish Facing Front.

Have Fun Go Crazy

Love Chris xXx

[29/10/24]

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