

Love and Hate

Count: 32

Wall: 4

Level: Easy Improver

Choreographer: Marianne Langagne (FR) - November 2024

Music: Love and Hate - Annika Catharina



Intro : 16 Counts

Sequences : 32 – 16 TAG/Restart – 32 – 16/Restart – 32 – 32 – 32 – TAG – 32 – 32

[1 – 8] DIAGONALLY BALL, HEEL FAN, COASTER STEP, TOE – SCUFF- STEP FWD (L – R)

- 1 & 2 R Ball Diagonally Fwd R, Pivot R Heel to the R, Return to Center
- 3 & 4 RF Back, Together, RF Fwd
- 5 & 6 L Point next to RF (Knee In), Scuff LF Fwd , LF fwd
- 7 & 8 R Point next to LF (Knee In), Scuff RF Fwd , RF fwd

[9 - 16] STEP ½ TURN R, TRIPLE FWD, LARGE DIAGONALLY STEP, DRAG, LARGE DIAGONALLY STEP, TOUCH

- 1 – 2 LF Fwd, ½ Turn R (weight on RF) 6:00
- 3 & 4 LF Fwd, Together, LF Fwd
- 5 – 6 Large Step Diagonally Fwd R, Slide LF next to RF
- 7 – 8 Large Step Diagonally Fwd L, Touch RF next to LF

ICI Tag / Restart (2ind Wall – Facing 9:00)

Restart (4ith Wall – Facing 6:00)

[17 - 24] KICK BALL CROSS X 2, SIDE ROCK, CROSS SHUFFLE

- 1 & 2 Kick RF, Ball R next to LF, Cross LF over RF
- 3 & 4 Kick RF, Ball R next to LF, Cross LF over RF
- 5 – 6 RF to the R, Recover on RF
- 7 & 8 Cross RF over LF, LF to the L, Cross RF over LF

[25 – 32] ¾ TURN R, TRIPLE FWD, HEEL SWITCHES & TOE & HEEL &

- 1 – 2 ¾ Turn R – LF Back (9:00), ½ Turn R – RF Fwd (3:00)
- 3 & 4 LF Fwd, Together, LF Fwd
- 5 & 6 R Heel Fwd, RF next to LF, L Heel Fwd
- & 7 Together, R Toe next to LF here Final : & ¼ Turn R (12:00) and finish the counts (7&8&)
- & 8 RF next to LF, L Heel Fwd
- & Together (Weight on LF)

TAG (2 Counts)

BOUNCES X 2 : RF Fwd Tape R Heel Twice (weight on LF)

2nd Wall : Dance 16 Counts – TAG & Restart (Facing 9:00)

End of 7th Wall : Tag & Restart the dance from the beginning

Dance & Have fun !!!!

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