

# Mixed Emotions (aka Love & Hate)

COPPER KNOB  
STEPPERSHETS

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Carl Sullivan (AUS) - February 2006

Music: I May Hate Myself In the Morning - Lee Ann Womack : (Album: The Best Of Country Music Channel 05)



## PATTERN: EACH REPETITION TURNS ¼ RIGHT

1&2-3&4 R Back Coaster step (R,L,R), Step L fwd, Turn a full turn fwd L stepping R,L  
5&6-7&8 R Fwd Coaster step (R,L,R), Step L back, Turn full turn back R stepping R,L

1-2 Rock-step R back, Replace on L  
&3-4 Turn ¼ L stepping R beside L, Rock-step L back, Replace on R (9:00)  
5-6 Facing the L diagonal - Step L fwd, Step R close to L turning a fwd full turn L on R  
7&8 \*\* Step L fwd on same diagonal, Step R fwd, Pivot ½ turn L onto L

## Restart on Wall 5

1-2 Turn 1/8 L to straighten up to 12:00 - Step R to R side dragging L, Step L behind R  
&3-4 Turn ¼ R stepping R fwd, Step L fwd, Pivot ½ R onto R  
5-6 Turning ¼ R - Step L to L side dragging R, Step R behind L  
&7-8 Step L to L side, Cross-rock R over L, Replace on L (facing L diagonal)

&1-2 Still on L diagonal - Step R beside L, Rock-step L back, Replace on R  
3 Step L fwd on L diagonal  
&4 Turning ¼ L to face a new diagonal - Step R beside L, Rock-step L back  
5&6 Replace on R, Turn 1/8 R - Step L to L, Hinge ½ turn R stepping R to R side  
7-8 Rock-step L across R (R diagonal), Replace on R

&1-2 Still on R diagonal - Step L beside R, Rock-step R back, Replace on L  
3 Step R fwd on same diagonal  
&4 Turning ¼ R to face a new diagonal - Step L beside R, Rock-step R back  
5&6 Replace on L, Turn 1/8 L - Step R to R, Hinge ½ turn L stepping L to L side (12:00)  
7-8 Rock-step R across L (L diagonal), Replace on L

&1-2 Step R to R side, Rock-step L over R, Replace on R  
&3-4 Step L to L side, Rock-step R over L, Replace on L  
&5-6 Turn ¼ R stepping R fwd, Step L fwd, Pivot ½ turn R onto R  
7&8 Step L fwd, Turn fwd a full turn L stepping R then L (9:00)

1-2 Rock-step R to R side, Replace on L  
3&4 Step R behind L, Step L to L side, Touch R heel fwd on R diagonal  
&5-6 Step R slightly back, Cross-rock L over R, Replace on R  
7&8 Turn a full turn L stepping L, R, L

1-2 Rock-step R to R side, Replace on L  
3&4 Step R behind L, Step L to L side, Touch R heel fwd on R diagonal  
&5&6 Step R slightly back, Cross-shuffle L-R-L to R side  
7-8 Step R to R side, Hinge ½ turn L stepping L to L side (3:00)

**\*\* Restart: After 4th sequence facing 12:00, dance to count 15&, then Pivot 3/8 turn L to face 3:00. Restart facing 3:00.**

**Ending: Dance first 30 counts the turn ¼ R stepping L to L side (12:00). Slide R beside L**

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