

I Help You Hate Me

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Elisabeth Elkuch-Heid (CH/LIE) - November 2017

Musique: I Help You Hate Me - Sunrise Avenue



Begin after 32 counts

[1-8] R Kick, Kick, Coaster Step, 1/2 Turn R Hook, Shuffle Fwd

1,2 Kick R diagonal left and right
3&4 Step R Back, Step L Next to R, Step R Fwd
5,6 Step L Fwd, 1/2 Turn R & Hook R
7&8 Step R Fwd, Step L behind R, Step R Fwd

[9-16] L Kick, Kick, Sailor 1/4 Turn L, Jump Fwd (Out-Out) Hold & Clap, Jump Back (In-In) Hold & Clap

1,2 Kick L diagonal right and left
3&4 Step L behind R, 1/4 Turn L & Step R to right, Step L to left
&5,6 Jump Fwd R, L (Out-Out), Hold & Clap
&7,8 Jump Back R, L (In-In), Hold & Clap

[17-24] Rolling Vine Right, Touch & Clap, Rolling Vine Left, Touch & Clap

1-4 R 1/4 Turn right, L 1/2 Turn right, R 1/4 Turn right, Touch L next to R & Clap
5-8 L 1/4 Turn left, R 1/2 Turn left, L 1/4 Turn left, Touch R next to L & Clap

[25-32] R Heel Fwd, R Back to Center, L Toe Back, L Back to Center, R Toe Back & 1/4 Turn L, R Back to Center, L Heel Fwd, Back to Center - Repeat

1&2& Touch R Heel Fwd, Center, Touch L Toe Back, Center
3&4& Touch R Heel Back & 1/4 Turn left, Center, Touch L Heel Fwd, Center
5&6&7&8& repeat these steps (9)

Ending: Instead of a 1/2 Turn left with Heels & Toes only 1/4 Turn (12) !

Der Tanz beginnt wieder von vorne.

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