

You Hate Me

拍数: 64 墙数: 0 级数: Phrased Intermediate
编舞者: Claudia Finkemeier (DE) - October 2017
音乐: I Help You Hate Me - Sunrise Avenue



A = 32 count B = 32 count Dance AA- BB- AA- BBB
Intro 32 count

Part A: 32 counts

Section A1: Rock back LF, Shuffle fwd. L, ½ Turn L, triple ½ Turn L

1 -2 Rock back LF, recover on RF
3 &4 Step LF fwd step RF beside LF step LF fwd
5 -6 Step RF fwd ½ turn L
7 &8 Triple ½ turn L (R.L.R)

Section A2: Rock back L, cross Shuffle, side rock R, behind side cross

1 -2 Rock back LF, recover on RF
3 &4 Cross LF over RF step RF to R cross LF over RF
5 -6 Rock RF to R, recover on LF
7 &8 Cross RF behind LF step LF to L cross RF over LF

Section A3: Heel grind ¼ Turn L, Coaster step L, Walk R -L, Sailor step R

1 -2 Touch L Heel fwd ¼ turn on Heel L
3 &4 Step LF back step RF beside LF step LF fwd
5 -6 Step RF fwd, step LF fwd
7 &8 Cross RF behind LF step LF to L step RF to R

Section A4: Jazzbox ¼ Turn L 2x

1 -2 Cross LF over RF ¼ turn L step back RF
3 -4 Step LF beside RF, step RF fwd
5 -8 Repeat count 1 -4

Part B: 32 counts

Section B1: Heel switches, Heel tabs L &R

1 &2 & Touch L Heel fwd, LF beside RF, touch R Heel fwd, RF beside LF
3 -4 & Touch L Heel fwd 2x, LF beside RF
5 &6 & Touch R Heel fwd, RF beside LF, touch L Heel fwd, LF beside RF
7 -8 Touch R Heel fwd 2x, RF beside LF

Section B2: Side rock, Kick ball cross 2x

1 -2 Rock RF to R recover on LF
3 &4 Kick RF fwd, step RF on balls to R, cross LF over RF
5 -6 Rock RF to R recover on LF
7 &8 Kick RF fwd, step RF on balls to R, cross LF over RF

Section B3: Side rock R, behind side cross, 2x ½ Turn R

1 -2 Rock RF to R, recover on LF
3 &4 Cross RF behind LF, step LF to L, cross RF over LF
5 -6 Step LF fwd ½ turn R
7 -8 Step LF fwd ½ turn R

Section B4: Kick & point 2x, Sailor step L, Sailor ¼ Turn R

1 &2 Kick LF fwd, step LF beside RF, point R Toe to R

3 &4 Kick RF fwd, step RF beside LF, point L Toe to L
5 &6 Cross LF behind RF, step RF to R, step LF to L
7 &8 Cross RF behind LF with ¼ turn R, step LF on place, step RF fwd
(Ending the 3rd B Part with Sailor step L and Sailor step R)

Have fun !

Contact: claudia8168@web.de
