

# Love Hate

拍数: 32      墙数: 4      级数: Improver  
编舞者: Harold Grimshaw (UK) - January 2019  
音乐: I May Hate Myself In the Morning - Lee Ann Womack



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## **BACK ROCK, SHUFFLE 1/2 TURN, TURN ROCK, CROSS ROCK TOUCH**

1-2      Right Back Rock (Opening Out To Right), Recover Left  
3&4      Right Shuffle Turning 1/2 Left (6)  
5-6      ( 1 /4 Turn Left) Left Side Rock, Recover Right (3)  
7&8      Left Cross, Recover Right, Touch Left To Left Side

## **CROSS LOCK, STEP LOCK STEP, (STEP/PIVOT) (X2)**

1-2      Left Cross Diagonally Forward Right, Lock Right Behind  
3&4      Left Lock Step (4.30)  
5-8      (Right Forward, Pivot Left) (X2) Completing 3 / 8 Turn Left (12)

## **CROSS, SWEEP, CROSS SIDE BEHIND, TURN 1/4 ROCK, FORWARD SHUFFLE**

1-2      Right Cross, Sweep Left Over Right  
3&4      Left Cross, Right Side, Left Behind  
5-6      Right Forward 1/4 Right, Recover Left Back (3)  
7&8      Right Shuffle Forward

## **FORWARD ROCK, SHUFFLE 1/2 TURN, CROSS, BACK, FULL TURN BACK**

1-2      Left Forward, Recover Right Back  
3&4      Left Shuffle 1/2 Left Forward (9)  
5-6      Right Cross, Left Back  
7-8      Full Turn Back Right On Right, Left (Option – Walk Back R L)

**Last Update – 24 Jan. 2019**

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