

I Hate This

拍数: 64 墙数: 2 级数: Intermediate
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音乐: I Hate This - Tenille Arts



SEQ: 64-64-16-64-64-16-16-64-64-20-5

Diagonal FWD R, Touch L, Back L, Kick FWD R, Step Lock Step back R

1,2 Step RF diagonally forward, step LF behind RF
3,4 Step LF diagonally back, kick RF forward
5,6 Step RF back, cross LF in front of RF
7,8 Step RF back, hold

½ Turn L, Rock Step ½ Turn L, Scuff R, Toe Strut Turn ½ R, Toe Strut Turn ½ L, Hitch RF

1,2 ½ turn left and step LF forward, lift RF briefly, weight back on RF
3,4 ½ left turn and LF step forward, RF strong ground strut beside LF
5,6 Touch down right toe in front, make a ½ turn to the left and put down right heel
7,8 Step left toe back, make a ½ left turn and put left heel down. *

*Restart in 3rd ,6th & 7th wall.

Hitch RF, Weave R, Step R, Hook L, ¼ Turn L, Hitch R

1,2 Raise RF slightly back, RF step right, cross LF behind RF
3,4 Step right with left, cross left in front of right
5,6 Step right with RF, cross LF in front of right knee
7,8 Step LF forward with ¼ turn to the left, step RF up to the back

½ Rumba Box FWD R, Scuff L, Step L, Scuff R, Step R, Scuff L

1,2 Step right to right side, step left to right side, step right to right side
3,4 RF step forward, LF strong floor stride beside RF
5,6 LF step to the left, RF strong floor stride beside LF
7,8 RF step to the right, LF strong ground strip next to RF

½ Rumba Box back L, Scuff R, Grapevine R, Point L

1,2 Step left with left hand, step right hand in next to left hand.
3,4 LF step back, RF strong floor stripe next to LF
5,6 Step right, cross left behind right
7,8 Step right to right side, turn left toe in and step left a little to left side

Rolling Vine 1 ¼ L, Scuff R, diagonal FWD R, diagonal Step back L, stomp up R

1,2 ¼ left turn and LF step forward, ½ left turn and RF step back
3,4 ½ left turn and LF step forward, RF strong ground stride next to LF
5,6 RF step diagonally forward, touch down LF beside RF
7,8 LF step diagonally back, RF stomp next to LF and is lifted slightly

Kick FWD R, Back R, Kick FWD L, Back L, Point R, Point FWD R, Point R, Hitch R

1,2 Kick RF forward, RF step back
3,4 Kick LF forward, LF step back
5,6 Touch right toe right, touch right toe front
7,8 Touch right toe to right side, step right back up

Large Step diagonal FWD R, Step L, Hold, Rock back R, stomp R, Hold

1,2 RF long step diagonally forward
3,4 Touch down LF next to RF, hold

5,6 Step RF back, lift LF slightly, weight back on LF
7,8 Stomp RF beside LF, hold

Ending

On the 10th wall dance to count 20, then follow with

1,2 Step right to right side, lift left slightly, put weight back on left.
3,4 Step RF up beside LF twice
5 Stomp RF in front
