

# Love and Hate

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Crazy Chris Adams (UK) - 29 October 2024  
音乐: Love and Hate - Annika Catharina



## S1: R Rumba Box Forward, Toe Strut, Toe Strut, Coaster Step

1&2                      Step R To R side, Step L Beside R, Step R Forward,  
3&4                      Step L To L Side, Step R Beside L, Step L Back,  
5&6&                      Step R Toe Back, Drop Heel Taking Weight, Step L Toe Back, Drop heel Taking weight,  
7&8                      Step R Back, Step L Beside R, Step R Forward. (12)

## S2: L Samba Step, R Samba Step, Jazz Box ¼ Side Shuffle

1&2                      Cross L Over R, Rock R To R Side, Recover Onto L,  
3&4                      Cross R Over L, Rock L To L Side, Recover Onto R,  
5,6                      Cross L Over R, Turn ¼ Turn L Stepping Back Onto R,  
7&8                      Step L To L Side, Step R Beside L, Step L To L Side. (9) \*Tag & Restart Point\*

## S3: Rock Recover Shuffle ½, Rock Recover Shuffle ½,

1,2                      Rock R Forward, Recover Onto L,  
3&4                      ½ Turn R Stepping R Forward, Step L Beside R, Step R Forward,  
5,6                      Rock L Forward, Recover Onto R,  
7&8                      ½ Turn L Stepping L Forward, Step R Beside L, Step L Forward. (9)

## S4: Cross & Heel, Cross & Heel, & Jazz Box Cross

1&2                      Cross R Over L, Step L To L Side, Dig R Heel To R Diagonal,  
&3&4                      Step R Beside L, Cross L Over R, Step R To R Side, Dig L Heel To L Diagonal,  
&5,6                      Step L Beside R, Cross R Over L, Step L Back,  
7,8                      Step R To R Side, Cross L Over R. (9)

## Tag: During Wall 2 Facing 6pm And End Wall 7 Facing 3pm. x2 Toe Struts Forward

1&                      Touch R Toe Forward, Drop Heel Taking Weight,  
2&                      Touch L Heel Forward, Drop Heel Taking Weight.

**Restart: After 16 Counts During Wall 4 Facing 12pm**

**Ending: Wall 9 Make The Final Jazz Box At The End Of The Dance A Jazz Box ¼ R To Finish Facing Front.**

Have Fun Go Crazy

Love Chris xXx

[29/10/24]

[www.crazygangentertainment.co.uk](http://www.crazygangentertainment.co.uk)