

Love-Hate

拍数: 32 墙数: 3 级数: Intermediate
编舞者: Charles Alexander (SWE) - January 2025
音乐: Ma Meilleure Ennemie (from the series Arcane League of Legends) - Stromae & Pomme



Intro: 16 counts, approx. 11 sec – 89 bpm

[1 – 8] R MAMBO FWD, COASTER CROSS & CROSS, R RUMBA BACK, L CHASSÉ

1&2 Rock R forward. Recover onto L. Step R back.
3&4&5 Step L back. Step R beside L. Cross L over R. Step R ball beside L. Cross L over R.
6&7 Step R to side. Step L beside R. Step R back.
8&1 Step L to side. Step R beside L. Step L to side.

[9 – 16] R BOTAFOGO, CROSS, ¼, ¼, CROSS, BACK, BALL SIDE, STEP

2&3 Cross R over L. Rock L to side. Recover onto R.
4&5 Cross L over R. ¼ turn L stepping R back. 1/4 turn left stepping L to side. [6:00]
6-7&8 Cross R over L. Step L back. Step R ball to side. Step L forward.

* Restart here during Wall 2 and Wall 5*

[17 – 24] TOUCH, HEEL TWIST & TOUCH, HEEL TWIST & STEP, ¼ BALL-CROSS, ¼ STEP, ¼ BALL-CROSS

1&2& Touch R forward. Twist both heels right. Twist both heels back to center. Step R beside L.
3&4& Touch L forward. Twist both heels left. Twist both heels back to center. Step L beside R.
5-a6 Step R forward. ¼ turn right stepping L ball to side. Cross R over L. (Keeping your upper body toward 6:00) [9:00]
7-a8 ¼ turn left stepping L forward. ¼ turn left stepping R ball to side. 1/8 turn right cross L over R. (Keeping your upper body toward 6:00) [4:30]

[25 – 32] CROSS, HEEL GRIND, BACK, CROSS, HEEL GRIND, BACK, ¾ TURN LEFT WALK R-L-R-L (Square up towards 6:00)

1-2& Cross R heel over L. Step L diagonally back left, twisting R toes to right. Step R diagonally back right. [6:00]
3-4& Cross L heel over R. Step R diagonally back right, twisting L toes to left. Step L diagonally back left.
5-8 1/8 turn left stepping R forward. ¼ turn right stepping L forward. 1/8 turn right stepping R forward. ¼ turn right stepping L forward. [9:00]

Restart: Happens after 16 counts during Wall 2 and Wall 5 (Starts toward 9:00, ends at 3:00).

Ending: During Wall 7, dance up to count 28 and then only make ½ turn left walk for count 5-8 to finish toward 12:00.