

Hate Myself In The Morning

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Claudia Arndt (DE) - March 2025
音乐: I May Hate Myself In The Morning - Kalsey Kulyk



Note: The dance begins after 16 beats on vocals

S1: Walk 2, shuffle forward turning ½ l, rock back, ¼ turn r/chassé l

1-2 2 steps forward (r - l)
3&4 1/4 turn left and step right with right - put left foot close to right, 1/4 turn left around and step backwards with the right (6 o'clock)
5-6 Step backwards with the left foot - weight back on the right foot
7&8 1/4 Turn to the right and step to the left with the left - put the right foot to the left and step to the left with left (9 o'clock)

S2: Rock back, shuffle forward r + l, step, ¼ turn l/close

1-2 Step backwards with the right foot - weight back to the left foot
3&4 Step forward with the right - put the left foot close to the right and step forward with the right
5&6 Step forward with the left - put your right foot close to your left and step forward with your left foot
7-8 Step forward with the right - 1/4 turn to the left and put the left foot to the right (6 o'clock)

(End: The dance ends after '3&4' in the 10th round - towards 12 o'clock; at the end 'Step forward with left/pose')

S3: Side, close, shuffle forward, side, close, shuffle back

1-2 Step to the right with the right - put the left foot close to the right
3&4 Step forward with the right - put the left foot close to the right and step forward with the right
5-6 Step left with left - Approach right foot to left
7&8 Step backwards with the left - Bring the right foot close to the left and step backwards with the left

S4: Rock back, shuffle forward turning ½ l, shuffle back turning ½ l, step, ¼ turn l/close

1-2 Step backwards with the right foot - weight back to the left foot
3&4 1/4 turn left and step right with right - put left foot close to right, 1/4 turn left around and step backwards with the right (12 o'clock)
5&6 1/4 turn left and step left with left - right foot close to left, 1/4 turn left around and step forward with your left hand (6 o'clock)
7-8 Step forward with the right - 1/4 turn to the left and put the left foot to the right (3 o'clock)

Repetition to the end

Step description created by Get In Line

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