

I May Hate Myself In The Morning

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Phil "The Hat" Stubbs (UK)
音乐: I May Hate Myself In the Morning - Lee Ann Womack



CROSS ROCK, SIDE CHASSE, CROSS ROCK, ¼ TURN, ½ TURN BACK

1-2 Cross rock right over left, rock back on left
3&4 Step right to side, step left beside right, step right to side
5-6 Cross rock left over right, rock back on right
7-8 Step turn ¼ left on left, ½ pivot turn left, step back on right

SWEEP STEPS, COASTER STEP, ROCKS, DIAGONAL FULL ROLLING TURN TO LEFT

1-2 Sweep step back on left, sweep step back on right
3&4 Step back on left, step right beside left, step forward on left
5-6 Rock back on right, rock forward on left
7&8 Full rolling turn diagonally left stepping right, left, right

SIDE ROCK, LOCK STEPS, SIDE, PIVOT ½, STEP, LOCK STEPS

1-2 Rock left to side, rock back on right
3&4 Cross left over right, lock right behind left, step forward on left
5-6 Step right to side, pivot ½ turn left, step forward on left
7&8 Step forward on right, lock left behind right, step forward on right

ROCKS, LOCK STEPS, ½ TURN, STEP ½ PIVOT TURN, STEP

1-2 Rock forward on left, rock back on right
3&4 Step back on left, lock right across left, step back on left
5-6 Turn ½ over right shoulder stepping right, step forward on left
7-8 Pivot turn ½ right, weight on right, step forward on left

½ MONTEREY TURN, CROSS UNWIND ½, COASTER STEP

1-2 Point right to side, pivot ½ turn right, step right beside left
3-4 Point left to side, step left beside right
5-6 Cross right over left and unwind ½ over left shoulder
7&8 Step back on left, step right beside left, step forward on left

BOX STEP, SIDE CHASSE, CROSS ROCKS, STEP

1-2 Cross right over left, step back on left
3&4 Step right to side, step left beside right, step right to side
5-6& Cross rock left over right, rock back on right, step left to side
7&8 Cross rock right over left, rock back on left, step right to side

BOX STEP, SIDE CHASSE, CROSS ROCK, ¼ TURN, LOCK STEPS

1-2 Cross left over right, step back on right
3&4 Step left to side, step right beside left, step left to side
5-6& Cross rock right over left, rock back on left, step turn ¼ right
7&8 Step forward on left, lock right behind left, step forward on left

ROCK, COASTER STEP, ROCK, ½ TRIPLE TURN

1-2 Rock forward on right, rock back on left
3&4 Step back on right, step left beside right, step forward on right
5-6 Rock forward on left, rock back on right

7&8 ½ triple turn left, stepping left, right, left

REPEAT

RESTART

(George Strait track only) at the end of wall 5, restart dance at beginning of section 5 (Monterey step)
