

Hate 2 Love

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Ivy Chan Siew Lin (SG)
音乐: I Hate Myself for Loving You - Joan Jett & The Blackhearts



Sequence: AA, TAG, BA, AA, TAG, BA, A(17-32), TAG, BB, AA

PART A

FORWARD, TOUCH, SIDE SHUFFLE, FORWARD, FORWARD, BACK, BACK

1-2 Step right forward & diagonal to right, touch left foot beside right
3&4 Step left to left side, step right beside left, step left to left side
5-6 Step forward & diagonal to right, step forward & diagonal to left (feet apart)
7-8 Step right back, step left beside right (feet together)

½ PIVOT TURN, KICK BALL CHANGE, RIGHT MAMBO, LEFT MAMBO

1-2 Step forward on right, pivot ½ turn on left
3&4 Kick right foot forward, step slightly back on ball of right, step left foot in place
5&6 Rock right to right side, recover on left, step right beside left
7&8 Rock left to left side, recover on right, step left beside right

SKATE, SKATE, RIGHT SHUFFLE, SKATE, SKATE, LEFT SHUFFLE

1-2 Skate right foot out to right diagonal, skate left foot out to left diagonal
3&4 Step forward right, step left beside right, step forward right
5-6 Skate left foot out to left diagonal, skate right foot out to right diagonal
7&8 Step forward left, step right beside left, step forward left

CROSS ROCK, SIDE, CROSS ROCK, SIDE, ½ PIVOT TURN, ½ PIVOT TURN

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

TAG

SYNCOPATED - IN, IN, OUT, OUT,(X3) HIP BUMP

&1&2 Jump feet together right left slightly forward, jump feet apart right left slightly back
&3&4 Jump feet together right left slightly forward, jump feet apart right left slightly back
&5&6 Jump feet together right left slightly forward, jump feet apart right left slightly back
7&8 Bump hips left, right, left

PART B

STOMP, STOMP, KNEE POP, HOLD, HIP BUMP (HAND ACTION)

1-2 Stomp forward & diagonal to right, stomp forward & diagonal to left (feet apart)
3-4 Pop right knee in, (both hands across the body), hold
5-6-7-8 Bump hips to the left 4 time (point to the front, both hands slowly from center to side)

HIP BUMP, ½ TURN HIP BUMP, KICK BALL CHANGE, KICK BALL CHANGE

1&2 Step right forward, bump right hip forward, back, forward
3&4 Make ½ turn to left, bump left hip forward, back, forward
5&6 Kick right foot forward, step slightly back on ball of right, step left foot in place
7&8 Kick right foot forward, step slightly back on ball of right, step left foot in place

FORWARD ROCK, COASTER STEP, ½ PIVOT TURN, FORWARD SHUFFLE

1-2 Rock forward on right, rock back on left
3&4 Step back on right, step left beside right, step right forward
5-6 Step forward on left, pivot $\frac{1}{2}$ turn on right
7&8 Step forward on left, step right beside left, step forward on left

$\frac{1}{4}$ TURN STOMP RIGHT, HOLD, KNEE POP, HOLD, HIP BUMP (HAND ACTION)

&1-2 Hook right behind & turn $\frac{1}{4}$ turn to left, stomp right to right side, hold (arm straight to side)
3-4 Pop right knee in, (raise both hands up and place behind the head, head looking down), hold
5-6-7-8 Bump hips to the left 4 time (point to the front, lower both hands slowly)

ENDING

STOMP, STOMP, KNEE POP, HOLD, HIP BUMP (HAND ACTION)

1-2 Stomp forward & diagonal to right, stomp forward & diagonal to left (feet apart)
3-4 Pop right knee in, (raise both hands up and place them behind the head, head looking down)
hold
5-6-7-8 Bump hips to the left 4 time (point to the front, lower both hands slowly)
