

I Hate This Part

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michael Lynn (UK) - April 2009
音乐: I Hate This Part (Dave Audé Dance Hybrid Mix) - The Pussycat Dolls : (3:32)



(16 count intro, 119bpm)

CROSS BACK MAMBO STEP, TWIST 1/2 LEFT, TWIST 1/2 RIGHT, SAILOR 1/2 TURN RIGHT, WALKS x2

1&2 Cross rock right behind left, recover left, step forward right,
3-4 Twist 1/2 turn left, twist 1/2 turn right & sweep right (to start your sailor step),
5&6 Cross right behind left, step left 1/4 right, step right 1/4 right,
7-8 Walk forward left, walk forward right.

MAMBO STEP, RIGHT HITCH, WEAVE 1/2 TURN, MAMBO STEP, RIGHT HITCH, WEAVE 1/4 TURN

1&2& Rock forward left, recover right, step left next to right, hitch right,
3&4 Step back right, step left 1/4 left, step forward right, 1/4 left,
5&6& Rock forward left, recover right, step left next to right, hitch right,
7&8 Step back right, step left 1/4 left, step right next to left.

**EASIER ALT: The hitches during 1&2& + 5&6& can be omitted for an easier option.
This is especially helpful when the music changes pace.**

SIDE MAMBO, STEP-ROLL SHOULDERS, STEP-SCUFF-HITCH-DOWN, HOLD-SWIVELS

1&2 Rock left to left side, recover right, step left beside right,
3-4& Step forward right, roll shoulders forwards towards feet, step right beside left,
5-6 Scuff left forward, hitch left, step left forward,
7&8 Hold count 7, swivel heels left, return heels to centre.

STEP, PIVOT 1/2 TURN LEFT, RIGHT FORWARD SHUFFLE, CIRCLE HIPS

1-2 Step forward right, pivot 1/2 turn left
3&4 Step forward right, close left beside right, step forward right,
5-8 (Keep weight on left) Circle hips clockwise over 4 counts.

CHOREOGRAPHER'S NOTE'S

The music is a bit different in that halfway through the track it picks up pace "a bit" at 2:39 to transform into a dance remix of the track. If the above listed version cannot be found the dance fits the album/radio version (3:39 – 16 count intro starting on vocals) and the full Dave Aude Radio Mix (3:39 – 32 count into starting on vocals).