

# 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 intro starting on vocals).