

# I Hate Myself

COPPERKNOB  
BY STEPHEN HETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Guyton Mundy (USA) - March 2015  
音樂: I Hate Myself for Loving You - Joan Jett & The Blackhearts



#32 count intro after hard beat.

[1-8] □ walk, out, sailor, behind, 1/4, rock/recover, back, 1/2

1-2            walk forward on right, step left out to left side  
3&4           step right behind left, step together with left, step right to right  
&5            step left behind right, make a 1/4 turn to right stepping forward on right  
6&7           rock forward on left, recover on right, step back on left  
8             make a 1/2 turn to right stepping forward on right

[9-16] □ 1/2 chase turn, walk X2, cross, back, side, cross, 1/4

1&2           step forward on left, make a 1/2 turn to right stepping down on right, step forward on left  
3-4           walk forward right, left  
5&6           cross right over left, step back on left, step right to right side  
7-8           cross left over right, step back on right as you make a 1/4 turn to left

**TAG # 3. Here you will change steps, cross left over right, step back on right, make a 1/4 turn to the left to face the front wall and step forward on left. counts will be 7&8.**

**You will start the Tag on the front wall**

[17-24] □ 1/4, cross, back side, forward syncopated weave, step

1-2            make a 1/4 turn to left as you step forward on left, cross right over left  
3-4            step back on left, step right to right  
5&6            step forward on left, step right behind, step forward on left  
&7-8           step forward on right, step left behind right, step forward on right

[25-32] □ rock/recover, back, 1/2, 1/2 chase, walk, triple

1&2            rock forward on left, recover on right, step back on left  
3             make a 1/2 turn to right stepping forward on right  
4&5            step forward on left, make a 1/2 turn to right stepping down on right, step forward on left  
6             step forward on right  
7&8            step forward on left, step together with right, step forward on left

**Tag will be done after the 2nd and the 6th and after 16 counts of the 9th wall**

**TAG..... The Tag is 8 counts and is done 3 times in the dance.**

1-8            cross, back, back, cross, rock back recover, walk X2  
1-2            cross right over left, step back on left  
3-4            step back on right, cross left over right  
5-6            rock back on right, recover on left  
7-8            walk forward right, left