

# I Help You Hate Me

**COPPER** KNOB  
BY STEPHENETS

拍數: 32      牆數: 4      級數: Improver  
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音樂: I Help You Hate Me - Sunrise Avenue



Begin after 32 counts

**[1-8] R Kick, Kick, Coaster Step, 1/2 Turn R Hook, Shuffle Fwd**

1,2            Kick R diagonal left and right  
3&4           Step R Back, Step L Next to R, Step R Fwd  
5,6           Step L Fwd, 1/2 Turn R & Hook R  
7&8           Step R Fwd, Step L behind R, Step R Fwd

**[9-16] L Kick, Kick, Sailor 1/4 Turn L, Jump Fwd (Out-Out) Hold & Clap, Jump Back (In-In) Hold & Clap**

1,2            Kick L diagonal right and left  
3&4           Step L behind R, 1/4 Turn L & Step R to right, Step L to left  
&5,6          Jump Fwd R, L (Out-Out), Hold & Clap  
&7,8          Jump Back R, L (In-In), Hold & Clap

**[17-24] Rolling Vine Right, Touch & Clap, Rolling Vine Left, Touch & Clap**

1-4           R 1/4 Turn right, L 1/2 Turn right, R 1/4 Turn right, Touch L next to R & Clap  
5-8           L 1/4 Turn left, R 1/2 Turn left, L 1/4 Turn left, Touch R next to L & Clap

**[25-32] R Heel Fwd, R Back to Center, L Toe Back, L Back to Center, R Toe Back & 1/4 Turn L, R Back to Center, L Heel Fwd, Back to Center - Repeat**

1&2&          Touch R Heel Fwd, Center, Touch L Toe Back, Center  
3&4&          Touch R Heel Back & 1/4 Turn left, Center, Touch L Heel Fwd, Center  
5&6&7&8&      repeat these steps (9)

**Ending: Instead of a 1/2 Turn left with Heels & Toes only 1/4 Turn (12) !**  
**Der Tanz beginnt wieder von vorne.**

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