

# I Help You Hate Me

拍數: 96      牆數: 1      級數: Phrased Intermediate Irish  
編舞者: Sari Karhu (FIN) - July 2022  
音樂: I Help You Hate Me - Sunrise Avenue



Count: A / 32, B / 32, C / 32, Tag 32, (A, B, C, C, A, B, C, C, tag at the end)

If you want, you can first dance part C c32 when the music starts

A : 32c

**STOMP, HOLD, SHUFFLE STEP, SHUFFLE ½ TURN, ROCK BACK**

1-2            Stomp R slightly diagonal right, HOLD  
3&4           Step L forward, step R next to L, step L forward  
5&6           Turn ¼ left step R right side, step L next to R, turn ¼ left step R back  
7-8           Step L back, recover to R

**STOMP, HOLD, SHUFFLE STEP, SHUFFLE ½ TURN, ROCK BACK**

1-2            Stomp L slightly diagonal left, HOLD  
3&4           Step R forward, step L next to R, step R forward  
5&6           Turn ¼ right step L left side, step R next to L, turn ¼ right step L back  
7-8           Step R back, recover to L

**STOMP, HOLD, CROSS SHUFFLE, CHASSE STEP, ROCK BACK**

1-2            Stomp R right side, HOLD  
3&4           Step L over R, step R slightly right, step L slightly right  
5&6           Step R right side, step L next to R, step R right side  
7-8           Step L back, recover to R

**STOMP, HOLD, CROSS SHUFFLE, CHASSE STEP, ROCK BACK**

1-2            Stomp L left side, HOLD  
3&4           Step R over L, step L slightly left, step R slightly left  
5&6           Step L left side, step R next to L, step L left side  
7-8           Step R back, recover to L

B : 32c

**"ROCK STEP, COASTER STEP" x 2**

1-2            Step R forward, recover to L  
3&4           Step R back, step L next to R, step R forward  
5-6           Step L forward, recover to R  
7&8           Step L back, step R next to L, step L forward

**"STEP, ½ PIVOT TURN" x 2, ROCKIN CHAIR**

1-2            Step R forward, turn ½ left (weight to L)  
3-4           Step R forward, turn ½ left (weight to L)  
5-6           Step R forward, recover to L  
7-8           Step R back, recover to L

**"DIG. STEP, SLIDE, HEEL JACK" x 2**

1-2            Step R to right diagonal, slide L next to R (weight to L)  
&3            Step R to right diagonal back, touch L heel forward  
&4            Return L in place, step R next to L  
5-6           Step L to left diagonal, slide R next to L (weight to R)  
&7            Step L to left diagonal back, touch R heel forward  
&8            Return R in place, step L next to R

**ROCK STEP, ½ SHUFFLE TURN, STEP, ½ TURN TOGETHER, STEP, STOMP UP**

- 1-2 Step R forward, recover to L  
3&4 Turn ¼ right and step R side, step L next to R, turn ¼ right and step R forward  
5-6 Step L forward, turn ½ right and step R next to L  
7-8 Step L forward, stomp R next to L (weight to L)

**C : 32c****HEEL SWITCHES**

- 1& Touch R heel over L, step R next to L  
2& Touch L heel over R, step L next to R  
3-4& Touch R heel twice over L, step R next to L  
5& Touch L heel over R, step L next to R  
6& Touch R heel over L, step R next to L  
7-8 Touch L heel twice over R

**"DIG. STOMP, HOLD, GALLOP STEP " x 2**

- 1-2 Stomp L to left diagonal, HOLD  
&3 Step R behind L, step L to left diagonal  
&4 Step R behind L, step L to left diagonal  
5-6 Stomp R to right diagonal, HOLD  
&7 Step L behind R, step R to right diagonal  
&8 Step L behind R, step R to right diagonal

**ROCK STEP, SHUFFLE BACK x 2, ROCK BACK**

- 1-2 Step L forward, recover to R  
3&4 Step L back, step R next to L, step L back  
5&6 Step R back, step L next to R, step R back  
7-8 Step L back, recover to R

**OUT-OUT, HOLD, IN-HEEL TAP, HOLD, VAUDEVILLE**

- &1-2 Step L left side, step R right side, HOLD  
&3-4 Step L to center, touch R heel next to L toe, HOLD  
5& Step R over L, step L to left side  
6& Touch R heel forward at slight angle, step R beside to L  
7& Step L over R, step R to right side  
8& Touch L heel forward at slight angle, step L beside to R

**Repeat counts 32 (C c32)****TAG: 32c - at the end of the dance after part C****SHUFFLE STEP x 2, ROCK STEP, TOE BACK, ½ PIVOT TURN**

- 1&2 Step R forward, step L next to R, step R forward  
3&4 Step L forward, step R next to L, step L forward  
5-6 Step R forward, recover to L  
7-8 Touch R toe back, ½ turn right (weight to R)

**SHUFFLE STEP x 2, ROCK STEP, TOE BACK, ½ PIVOT TURN**

- 1&2 Step L forward, step R next to L, step L forward  
3&4 Step R forward, step L next to R, step R forward  
5-6 Step L forward, recover to R  
7-8 Touch L toe back, ½ turn left (weight to L)

**HEEL SWITCHES**

- 1& Touch R heel over L, step R next to L  
2& Touch L heel over R, step L next to R  
3-4& Touch R heel twice over L, step R next to L

5& Touch L heel over R, step L next to R  
6& Touch R heel over L, step R next to L  
7-8 Touch L heel twice over R

**"DIG. STOMP, HOLD, GALLOP STEP " x 2, STOMP**

1-2 Stomp L to left diagonal, HOLD  
&3 Step R behind L, step L to left diagonal  
&4 Step R behind L, step L to left diagonal  
5-6 Stomp R to right diagonal, HOLD  
&7 Step L behind R, step R to right diagonal  
&8 Step L behind R, step R to right diagonal  
1 Stomp L next to R

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