

# Hate Me

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Elisabeth Elkuch-Heid (CH/LIE) - March 2023  
音樂: Hate Me - P!nk



## [1-8] Side Together Side Touch R&L with Arm Movements

- 1,2      Step R to R (Arms Shoulder Height Pulling Ellbows back), Step L next to R (touch in front both feasts)  
3,4      Step R to R (Straighten Up your Arms to Side - Palm down), Touch L next to R (Touch Fingers in front of you)  
5-8      Repeat 1-4 but to the left

## [9-16] Kick R 2x, Step Back R, 1/4 Turn L & Step Fwd L, R, Kick L, Rock Back L, Recover R

- 1-4      Kick R Diagonal R Fwd 2x, Step Back R, 1/4 Turn L & Step L Fwd  
5-8      Step R Fwd, Kick L, Step Back L, Recover R

(Ending after Wall 9, instead of Recover R, Turn 1/2 L on Count 8)(12)

## [17-24] Lock Steps with Scuff L & R

- 1-4      Step L Fwd, Step R next to L, Step L Fwd, Scuff R  
5-8      Step R Fwd, Step L next to R, Step R Fwd, Scuff L

## [25-32] Rock L Fwd Recover R, 1/2 Turn L with L Toe Strut, 1/2 Turn L & Run Back: RL-R-L

(With Knees up, Jumping) (5-8 you may push your arm up in the air 4x)

- 1-4      Rock L Fwd, Recover R, 1/2 Turn L on your L Toe, Lower L Heel  
5-8      1/2 Turn L & Run Jumping (optional) back: R-L-R-L (Knees up)

## [33-40] Toe, Heel, Cross R & L, Step R Fwd, 1/4 Turn L

- 1-4      Touch R Toe next to L, Touch R Heel next to R, Cross R over L, Touch L Toe next to R  
5-8      Touch L Heel next to R, Cross L over R, Step Fwd L, 1/4 Turn L

## [41-48] Weave L, Cross Unwind (Bouncing) 1/2 Turn L, Kick L Fwd

- 1-4      Step Cross R over L, Step L to L, Step R Behind L, Step L to L  
5-8      Cross R over L, Unwind 1/2 Turn L in 3 Counts, Kick L Fwd

(Restart here during wall 3 Without Kick L)(6)

## [49-56] Step Back L, Rock Fwd on R, Rock Back on L, Rock Fwd on R & Flick L, Step Lock Step, Scuff

- 1-4      Step L Back, Rock Fwd on R, Rock Back on L, Rock Fwd on R & Flick L  
5-8      Step L Fwd, Step R next to L, Step L Fwd, Scuff R

## [57-64] Step Turn 1/2 L, 1/4 L, Jazz Box

- 1-4      Step R Fwd, 1/2 Turn L, Step R Fwd, 1/4 Turn L  
5-8      Step Cross R over L, Step L Back, Step R to R, Step L next to R

[www.rheinvalley.li](http://www.rheinvalley.li)

[linedance@rheinvalley.li](mailto:linedance@rheinvalley.li). Lizzy's Line Dance