

Hate Me

拍數: 64 牆數: 4 級數: Intermediate
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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

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