

Hate Me!

拍數: 64 牆數: 4 級數: Improver
編舞者: Ann-Jeanett Ramsvatn (DK) - June 2023
音樂: Hate Me - P!nk



Intro: 16 counts (App.7 secs. Into track). Starts with weights on L
Thank you to Gary Steele for suggesting the music.

Section 1: R Step, L Fwd Kick, Back, Touch, Step Lock Step, Hold

1-4 Step fwd on R (1), Kick L fwd (2), Step back on L (3), Touch R next to L (4) 12:00
5-8 Step fwd on R (5), Cross L behind R (6), Step fwd on R (7), Hold (8)

Section 2: ¼ R, Cross, Hold, ¼, ¼, Cross, Hold

1-4 Step fwd on L (1), Turn ¼ R recover on R (2), Cross L over R (3), Hold (4) 3:00
5-8 Turn ¼ L stepping back on R (5), Turn ¼ L stepping L to L side (6), Cross R over L (7) hold
(8) 9:00

Section 3: Side, Touch, Side Touch, ½ Rumba fwd, Hold

1-4 Step L to L side (1), Touch R next to L (2), Step R to R side (3), Touch L next to R (4)
5-8 Step L to L side (5), Step R next to L (6), Step fwd on L (7), Hold (8)

Section 4: R Rocking Chair, Step ½ L, Fwd Stomp Stomp

1-4 Rock fwd on R (1), Recover on L (2), Rock Back on R (3), Recover on L (4)
5-8 Step fwd on R (5), Turn ½ L Recover on L (6) Stomp fwd on R (7), Stomp L next to R (8) 3:00

Section 5: ¼ Monterey, Point, Touch, Point, Hold

1-4 Point R to R side (1), Turn ¼ R stepping R next to L (2), Point L to L side (3), Step L next to
R (4) 6:00
5-8 Point R to R side (5), Touch R next to L (6), Point R to R side (7), Hold (8)

Styling: While doing Hold (count 8), Push arms out to side & snap both fingers

Section 6: R Sailor, Hold, ¼ Sailor L, Hold

1-4 Step R behind L (1), Step L to L side (2), Step R to R side (3), Hold (4)
5-8 Step L behind R making ¼ L (5), Step R to R side (6), Step fwd on L (7), Hold (8) 3:00

Section 7: Step Lock Step, Hold, Step Turn Step, Hold

1-4 Step fwd on R (1), Cross L behind R (2), Step fwd on R (3), Hold (4)
5-8 Step fwd on L (5), Turn ½ R recover on R (6), Step fwd on L (7), Hold (8) 9:00

Section 8: Walk R, Hold, Walk L, Hold, R Rocking Chair

1-4 Step fwd on R (1), Hold (2), Step fwd on L (3), Hold (4)
5-8 Rock fwd on R (5), Recover on L (6), Rock back on R (7), Recover on L (8)

Styling: Shimmy shoulders/ shake body on count 1-4

Restart: Wall 3 after 48 counts.

Ending: Wall 8 is your last wall (Starts facing 6:00). Do the first 16 counts. To end facing 12:00 simply just turn ¼ L stepping L fwd :)

Enjoy & Have fun!

Last Update: 26 Jun 2023