

# Hate 2 Love

拍數: 0                      牆數: 4                      級數: Intermediate  
編舞者: Ivy Chan Siew Lin (SG)  
音樂: I Hate Myself for Loving You - Joan Jett & The Blackhearts



Sequence: AA, TAG, BA, AA, TAG, BA, A(17-32), TAG, BB, AA

## PART A

### FORWARD, TOUCH, SIDE SHUFFLE, FORWARD, FORWARD, BACK, BACK

1-2                      Step right forward & diagonal to right, touch left foot beside right  
3&4                      Step left to left side, step right beside left, step left to left side  
5-6                      Step forward & diagonal to right, step forward & diagonal to left (feet apart)  
7-8                      Step right back, step left beside right (feet together)

### ½ PIVOT TURN, KICK BALL CHANGE, RIGHT MAMBO, LEFT MAMBO

1-2                      Step forward on right, pivot ½ turn on left  
3&4                      Kick right foot forward, step slightly back on ball of right, step left foot in place  
5&6                      Rock right to right side, recover on left, step right beside left  
7&8                      Rock left to left side, recover on right, step left beside right

### SKATE, SKATE, RIGHT SHUFFLE, SKATE, SKATE, LEFT SHUFFLE

1-2                      Skate right foot out to right diagonal, skate left foot out to left diagonal  
3&4                      Step forward right, step left beside right, step forward right  
5-6                      Skate left foot out to left diagonal, skate right foot out to right diagonal  
7&8                      Step forward left, step right beside left, step forward left

### CROSS ROCK, SIDE, CROSS ROCK, SIDE, ½ PIVOT TURN, ½ PIVOT TURN

1&2                      Cross rock right over left, recover on left, step right to right side  
3&4                      Cross rock left over right, recover on right, step left to left side  
5-6                      Step forward on right, pivot ½ turn left  
7-8                      Step forward on right, pivot ½ turn left

## TAG

### SYNCOPATED - IN, IN, OUT, OUT,(X3) HIP BUMP

&1&2                      Jump feet together right left slightly forward, jump feet apart right left slightly back  
&3&4                      Jump feet together right left slightly forward, jump feet apart right left slightly back  
&5&6                      Jump feet together right left slightly forward, jump feet apart right left slightly back  
7&8                      Bump hips left, right, left

## PART B

### STOMP, STOMP, KNEE POP, HOLD, HIP BUMP (HAND ACTION)

1-2                      Stomp forward & diagonal to right, stomp forward & diagonal to left (feet apart)  
3-4                      Pop right knee in, (both hands across the body), hold  
5-6-7-8                      Bump hips to the left 4 time (point to the front, both hands slowly from center to side)

### HIP BUMP, ½ TURN HIP BUMP, KICK BALL CHANGE, KICK BALL CHANGE

1&2                      Step right forward, bump right hip forward, back, forward  
3&4                      Make ½ turn to left, bump left hip forward, back, forward  
5&6                      Kick right foot forward, step slightly back on ball of right, step left foot in place  
7&8                      Kick right foot forward, step slightly back on ball of right, step left foot in place

### FORWARD ROCK, COASTER STEP, ½ PIVOT TURN, FORWARD SHUFFLE

1-2 Rock forward on right, rock back on left  
3&4 Step back on right, step left beside right, step right forward  
5-6 Step forward on left, pivot ½ turn on right  
7&8 Step forward on left, step right beside left, step forward on left

**¼ TURN STOMP RIGHT, HOLD, KNEE POP, HOLD, HIP BUMP (HAND ACTION)**

&1-2 Hook right behind & turn ¼ turn to left, stomp right to right side, hold (arm straight to side)  
3-4 Pop right knee in, (raise both hands up and place behind the head, head looking down), hold  
5-6-7-8 Bump hips to the left 4 time (point to the front, lower both hands slowly)

**ENDING**

**STOMP, STOMP, KNEE POP, HOLD, HIP BUMP (HAND ACTION)**

1-2 Stomp forward & diagonal to right, stomp forward & diagonal to left (feet apart)  
3-4 Pop right knee in, (raise both hands up and place them behind the head, head looking down)  
hold  
5-6-7-8 Bump hips to the left 4 time (point to the front, lower both hands slowly)

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