I Hate This Part

拍數: 32	牆數: 4	級數: Intermediate

編舞者: Michael Lynn (UK) - April 2009

音樂: I Hate This Part (Dave Audé Dance Hybrid Mix) - The Pussycat Dolls : (3:32)

(16 count intro, 119bpm)

CROSS BACK MAMBO STEP, TWIST 1/2 LEFT, TWIST 1/2 RIGHT, SAILOR 1/2 TURN RIGHT, WALKS x2

1&2   Cross rock right behind left, recover left, step forward right,

3-4   Twist 1/2 turn left, twist 1/2 turn right & sweep right (to start your sailor step),

5&6   Cross right behind left, step left 1/4 right, step right 1/4 right,

7-8   Walk forward left, walk forward right.

MAMBO STEP, RIGHT HITCH, WEAVE 1/2 TURN, MAMBO STEP, RIGHT HITCH, WEAVE 1/4 TURN

1&2&   Rock forward left, recover right, step left next to right, hitch right,

3&4   Step back right, step left 1/4 left, step forward right, 1/4 left,

5&6&   Rock forward left, recover right, step left next to right, hitch right,

7&8   Step back right, step left 1/4 left, step right next to left.

EASIER ALT: The hitches during 1&2& + 5&6& can be omitted for an easier option.

This is especially helpful when the music changes pace.

SIDE MAMBO, STEP-ROLL SHOULDERS, STEP-SCUFF-HITCH-DOWN, HOLD-SWIVELS

1&2   Rock left to left side, recover right, step left beside right,

3-4&   Step forward right, roll shoulders forwards towards feet, step right beside left,

5-6   Scuff left forward, hitch left, step left forward,

7&8   Hold count 7, swivel heels left, return heels to centre.

STEP, PIVOT 1/2 TURN LEFT, RIGHT FORWARD SHUFFLE, CIRCLE HIPS

1-2   Step forward right, pivot 1/2 turn left

3&4   Step forward right, close left beside right, step forward right,

5-8   (Keep weight on left) Circle hips clockwise over 4 counts.

CHOREOGRAPHER's NOTE's

The music is a bit different in that halfway through the track it picks up pace "a bit" at 2:39 to transform into a dance remix of the track. If the above listed version cannot be found the dance fits the album/radio version (3:39 – 16 count intro starting on vocals) and the full Dave Aude Radio Mix (3:39 – 32 count into starting on vocals).