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| I Hate Myself |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Guyton Mundy (USA) - March 2015 |
| **Music:** | I Hate Myself for Loving You - Joan Jett & The Blackhearts |
| . |

**#32 count intro after hard beat.**

**[1-8] walk, out, sailor, behind, 1/4, rock/recover, back, 1/2**

|  |  |
| --- | --- |
| 1-2 | walk forward on right, step left out to left side |

|  |  |
| --- | --- |
| 3&4 | step right behind left, step together with left, step right to right |

|  |  |
| --- | --- |
| &5 | step left behind right, make a 1/4 turn to right stepping forward on right |

|  |  |
| --- | --- |
| 6&7 | rock forward on left, recover on right, step back on left |

|  |  |
| --- | --- |
| 8 | make a 1/2 turn to right stepping forward on right |

**[9-16] 1/2 chase turn, walk X2, cross, back, side, cross, 1/4**

|  |  |
| --- | --- |
| 1&2 | step forward on left, make a 1/2 turn to right stepping down on right, step forward on left |

|  |  |
| --- | --- |
| 3-4 | walk forward right, left |

|  |  |
| --- | --- |
| 5&6 | cross right over left, step back on left, step right to right side |

|  |  |
| --- | --- |
| 7-8 | cross left over right, step back on right as you make a 1/4 turn to left |

**TAG # 3. Here you will change steps, cross left over right, step back on right, make a 1/4 turn to the left to face the front wall and step forward on left. counts will be 7&8.**

**You will start the Tag on the front wall**

**[17-24] 1/4, cross, back side, forward syncopated weave, step**

|  |  |
| --- | --- |
| 1-2 | make a 1/4 turn to left as you step forward on left, cross right over left |

|  |  |
| --- | --- |
| 3-4 | step back on left, step right to right |

|  |  |
| --- | --- |
| 5&6 | step forward on left, step right behind, step forward on left |

|  |  |
| --- | --- |
| &7-8 | step forward on right, step left behind right, step forward on right |

**[25-32] rock/recover, back, 1/2, 1/2 chase, walk, triple**

|  |  |
| --- | --- |
| 1&2 | rock forward on left, recover on right, step back on left |

|  |  |
| --- | --- |
| 3 | make a 1/2 turn to right stepping forward on right |

|  |  |
| --- | --- |
| 4&5 | step forward on left, make a 1/2 turn to right stepping down on right, step forward on left |

|  |  |
| --- | --- |
| 6 | step forward on right |

|  |  |
| --- | --- |
| 7&8 | step forward on left, step together with right, step forward on left |

**Tag will be done after the 2nd and the 6th and after 16 counts of the 9th wall**

**TAG…… The Tag is 8 counts and is done 3 times in the dance.**

|  |  |
| --- | --- |
| 1-8 | cross, back, back, cross, rock back recover, walk X2 |

|  |  |
| --- | --- |
| 1-2 | cross right over left, step back on left |

|  |  |
| --- | --- |
| 3-4 | step back on right, cross left over right |

|  |  |
| --- | --- |
| 5-6 | rock back on right, recover on left |

|  |  |
| --- | --- |
| 7-8 | walk forward right, left |