

# I Hate Myself

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Guyton Mundy (March 2015)

Music: I Hate Myself for Loving You. by Joan Jett and 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
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