

Love and Hate

Count: 32

Wall: 4

Level: Improver

Choreographer: Hiroko Carlsson (AUS) - February 2021

Music: Love and Hate (Ballerini album version) - Kelsea Ballerini : (iTunes / Spotify)



(Intro: 16 counts)

[S1] Side-Together-Cross, Side Shuffle Turn, Behind

- 1 2 3 Big step R to the side, Step L next to R, Cross R over L
- 4&5 Side shuffle to the left on L-R-L
- 6&7 Make a 1/4 turn right/side shuffle to the right on R-L-R (3:00)
- 8 Step L behind R

[S2] 1/4R Rocking Chair w/ Lift, Cross-1/4R-Side Shuffle

- 1 2 Make a 1/4 turn right stepping (rock) forward on R, Recover weight on L (6:00)
- 3 4 Rock back on R (optional: lifting L foot forward), Recover weight on L
- 5 6 Cross R over L, Make a 1/4 turn right stepping back on L (9:00)
- 7&8 Side shuffle to the right on R-L-R

[S3] Fwd, Step-Pivot 1/4L, Cross, Side w/ Drag, Ball-1/4L-1/4L Hitch

- 1 2 Step forward on L, Step forward on R
- 3 4 Make a 1/4 turn left recover weight on L, Cross R over L (6:00)
- 5 6& Big step L to the side, Drag R close to L, Ball step R beside L
- 7 8 Make a 1/4 turn left stepping forward on L, Hitch R knee whilst making a 1/4 turn left on ball of L foot (12:00)

[S4] Side-Together-Shuffle Back, Side-Together-Fwd-Drag w/ 1/4R

- 1 2 Step R to the side, Step L together
- 3&4 Shuffle back on R-L-R
- 5 6 Step L to the side, Step R together
- 7 8 Step forward on L dragging R close to L, Hitch R knee whilst making a 1/4 turn right on ball of L foot (3:00)

Tag: The end of Wall 2 (6:00) - 2x Side Rock-Cross Shuffle

- 1 2 Rock R to the side, Recover weight on L
- 3&4 Cross R over L, Step L close to R, Cross R over L
- 5 6 Rock L to the side, Recover weight on R
- 7&8 Cross L over R, Step R close to L, Cross L over R

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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