

I Hate Myself

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Guyton Mundy (USA) - March 2015
音乐: 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