

# I Help You Hate Me

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Elisabeth Elkuch-Heid (Lizzy) 11th November 2017

**Music:** I Help You Hate Me by Sunrise Avenue

## Begin after 32 counts

### [1-8] R Kick, Kick, Coaster Step, 1/2 Turn R Hook, Shuffle Fwd

- 1,2 Kick R diagonal left and right  
3&4 Step R Back, Step L Next to R, Step R Fwd  
5,6 Step L Fwd, 1/2 Turn R & Hook R  
7&8 Step R Fwd, Step L behind R, Step R Fwd

### [9-16] L Kick, Kick, Sailor 1/4 Turn L, Jump Fwd (Out-Out) Hold & Clap, Jump Back (In-In) Hold & Clap

- 1,2 Kick L diagonal right and left  
3&4 Step L behind R, 1/4 Turn L & Step R to right, Step L to left  
&5,6 Jump Fwd R, L (Out-Out), Hold & Clap  
&7,8 Jump Back R, L (In-In), Hold & Clap

### [17-24] Rolling Vine Right, Touch & Clap, Rolling Vine Left, Touch & Clap

1-4R 1/4 Turn right, L 1/2 Turn right, R 1/4 Turn right, Touch L next to R & Clap

5-8L 1/4 Turn left, R 1/2 Turn left, L 1/4 Turn left, Touch R next to L & Clap

### [25-32] R Heel Fwd, R Back to Center, L Toe Back, L Back to Center, R Toe Back & 1/4 Turn L, R Back to Center, L Heel Fwd, Back to Center - Repeat

- 1&2& Touch R Heel Fwd, Center, Touch L Toe Back, Center  
3&4& Touch R Heel Back & 1/4 Turn left, Center, Touch L Heel Fwd, Center

5&6&7&8&repeat these steps (9)

**Ending: Instead of a 1/2 Turn left with Heels & Toes only 1/4 Turn (12) !**

**Der Tanz beginnt wieder von vorne.**

**Site: [www.rheinvalley.li](http://www.rheinvalley.li)**

**Contact: [linedance@rheinvalley.li](mailto:linedance@rheinvalley.li)**

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