



Rhein Valley Line Dance

I Help You Hate Me

Line Dance, 32 counts, 4 walls

Level: Beginner/Intermediate

Choreographer: Elisabeth Elkuch-Heid (Lizzy) 11th of 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

1-4 R 1/4 Turn right, L 1/2 Turn right, R 1/4 Turn right, Touch L next to R & Clap
5-8 L 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 RHeel Fwd, Center, Touch LToe Back, Center
3&4& Touch RHeel Back & 1/4 Turn left, Center, Touch LHeel 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.

www.rheinvalley.li