

I Help You Hate Me



Easy-Interm.

Time: 3:10

BPM 103

Record: Sunrise Avenue, CD Heartbreak Century

taught at: Silvester 2017

Choreo: Tina Kipp, Email: email@TinaKipp.de, Tel/Fax +49492144433

Sequence: A B C C A B C C Ending

wait 32 beats or start with Part C and don't wait

Part A: 32 beats

Vine Loop DS DS(xif) DS LOOP S
L R L R R
&1 &2 &3 & 4

Fancy Run DS DS(xif) BA(ots) BA(xib) BA(ots) S
L R L R L R
&1 &2 & 3 & 4

Soccer DS DT UP/H DS RS
L R R L R LR
&1 & 2 &3 &4

Push Turn DS RS RS RS **turn 1/1 L**
L RL RL RL
&1 &2 &3 &4

repeat all above, opposite footwork

Part B: 32 beats

Sway Back DS DT(xif) H DT(unx) H T H RS DS DS RS
L R L R L R R LR L R LR
&1 & 2 & 3 & 4 &5 &6 &7 &8

Rocking Chair DS BR UP/H DS RS
L R R L R LR
&1 & 2 &3 &4

2 Basic DS RS
L&R L RL
&1 &2

repeat all above

Part C: 32 beats

Samantha Slur DS DS(xif) DR S(ib) DR S(ib) R H(ots/w) SLR S(ib) DS RS
L R R L L R L R L L R LR
&1 &2 & 3 & 4 & 5 & 6 &7 &8

| **turn 1/2 R**

Nicky DS TCH(if) H TCH(ib) H TCH(if) H R H(w/ots) SLR S(ib)R H(w)S
L R L R L R L R L R L R L
&1 & 2 & 3 & 4 & 5 & 6 & 7 8

| **turn 1/2 L**

Samantha Pivot DS DS(xif) DR S(ib) DR S(ib) R H(ots/w) S(ib) DS **DS**
mod. R L L R R L R L R L R
&1 &2 & 3 & 4 & 5 6 &7 &8

Modified DS RS BR UP/SL H(if) UP/SL H(if) UP/SL DS RS STA UP/SL
Base L RL R R L R R L R R L R LR L L R
&1 &2 & 3 & 4 & 5 &6 &7 & 8

Sequence: A B C C A B C C Ending

Sequence: A B C C A B C C Ending

Ending: 32 beats

Slur Vine DS SLR S(xib) DS DS(xif) DS SLR S(xib) DS RS
 L R R L R L R R L RL
 &1 & 2 &3 &4 &5 & 6 &7 &8

2 Fancy Run DS DS(xif) BA(ots) BA(xib) BA(ots) S
 R L R L R L
 &1 &2 & 3 & 4

|full turn L|

Samantha Pivot DS DS(xif) DR S(ib) DR S(ib) R H(ots/w) S(ib) DS **DS**
mod. R L L R R L R L R L R
 &1 &2 & 3 & 4 & 5 6 &7 &8

Modified DS RS BR UP/SL H(if) UP/SL H(if) UP/SL DS RS STA UP/SL
 Base L RL R R L R R L R R L R LR L L R
 &1 &2 & 3 & 4 & 5 &6 &7 & 8

Cuecard: wait 32 beats or start with Part C and don't wait

Part A: 32 beats

Vine Loop
 Fancy Run
 Soccer
 Push Turn **turn 1/1 L**
repeat all, opposite footwork

Part B: 32 beats

Sway Back
 Rocking Chair
 2 Basic
repeat all

Part C: 32 beats

Samantha Slur
 Nicky **turn 1/2 R**
 Samantha Pivot mod. DS Ending **turn 1/2 L**
 Modified Base
repeat all

Part A: 32 beats

Vine Loop
 Fancy Run
 Soccer
 Push Turn **turn 1/1 L**
repeat all, opposite footwork

Part B: 32 beats

Sway Back
 Rocking Chair
 2 Basic
repeat all

Part C: 32 beats

Samantha Slur
 Nicky **turn 1/2 R**
 Samantha Pivot mod. DS Ending **turn 1/2 L**
 Modified Base
repeat all

Ending: 32 beats

Slur Vine
 2 Fancy Run
 Samantha Pivot mod. DS Ending **turn 1/1 L**
 Modified Base

Sequence: A B C C A B C C Ending