

## I MAY HATE MYSELF

DANCE BY NANCY & DEWAYNE BALDWIN

APR- OCT 604 MAPLE ST P. O. BOX 516 SWEETSER, IN 46987 765-384-7270

NOV- MAR 1048 N ALAMO RD # 348 ALAMO, TX 78516 956-781-5459

E-MAIL [weg4u@aol.com](mailto:weg4u@aol.com)

ARTIST LEE ANN WOMACK

CD ONLY B0003073-02 "THERE'S MORE WHERE THAT CAME FROM" TRACK # 3

FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED: 46-47

RHYTHM RUMBA PH III+1 [ALEMANA]

DATE 6-05

SEQUENCE A A B C A INTER C C END

### INTRO

- 1-4 BFLY;; TWL/VINE 3, REV TWL/VINE;;  
BFLY Wait; Wait; Sd L, XRIB, sd L,-; Sd R, XLIB, sd R,-;

### PART A

- 1-4 BASIC;; NYR; CRAB WLK;  
BFLY Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-; Thru L, rec R [FC], sd L,-;  
XRIF, sd L. XRIF,-;
- 5-8 CRAB WLK; SPOT TRN; CRAB WLK;;  
Sd L, XRIF, sd L,-; XRIF trn, rec L trn, sd R,-; R/LOD Sd L, XRIF, sd L,-;  
XRIF, sd L, XRIF,-;
- 9-12 NYR 2X;; ALEMANA;;  
Thru L, rec R [FC], sd L,-; Thru R, rec L [FC], sd R,-;  
Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-;
- 13-16 LADIES LARIAT;;; SD WLK;  
Sd L, rec R, cl L,-; Sd R, rec L, cl R,-; Sd L, rec R, cl L,-; BFLY to R/LOD  
Sd R, cl L, sd R,-;

### PART B

- 1-4 CIRCLE AWAY;; TOG KIKI WK;;  
Fwd L trn, fwd R, fwd L,-; Fwd R, fwd L, fwd R trn FC/PTR,-;  
Fwd L, fwd R, fwd L,-; Fwd R, fwd L, fwd R,-;
- 5-8 SHLDR TO SHLDR 2X;; OPEN BRK; CRAB WLK;  
Rk fwd L SCAR, rec R [FC], sd L,-; Rk fwd R BJO, rec L [FC], sd R,-;  
Rk apt L, rec R, sd L,-; XRIF, sd L, XRIF,-;

### INTER

- 1-4 CHASE  
Fwd L trn, rec R, fwd L,-; Fwd R trn, rec L, fwd R,-; Fwd L, rec R, bk L,-;  
Bk R, rec L, fwd R,-;

### PART C

- 1-4 FWD BASIC; WHIP; BRK BK; PROG WK 3;  
Fwd L, rec R, sd L,-; Bk R trn, rec L, sd R FC/COH,-; Bhd L, rec R, fwd L,-;  
FC/RLOD Fwd R, fwd L, fwd R,-;
- 5-8 SLIDING DOOR; RCK APT REC; SD WLK;;  
Rk apt L, rec R, XLIF,-; Rk apt R, rec L, sd R FC/PTR,-;  
Sd L, cl R, sd L,-; Sd R, cl L, sd R,-;

### END

- 1-4 SHLDR TO SHLDR 2X;; TWL/VINE 3; WRAP& HUG;  
REPEAT 5-6 PART B;; REPEAT 3 INTRO; BFLY Hold bo hnds Sd R, XLIB,  
sd R hug,-;