

I MAY HATE MYSELF

DANCE BY NANCY & DEWAYNE BALDWIN

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

FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED: 45

RHYTHM SLOW TWO STEP PH IV + 1 {TRIPLE TRAVELER} DATE 6-05

SEQUENCE A A B C A D C C END

INTRO

- 1-4 ::SWHRT RUNS;FWD SD CLS;
WRAPPED POS LOD;; Fwd L,-, fwd R, fwd L; Fwd R,-, sd L, cl R;

PART A

- 1-4 2 SD BASICS;; TWO SWITCHES;;
Loose CP/WL Sd L,-, XRIB, rec L; Sd R,-, XLIB, rec R; Fwd & sd XLIF of W,-,
bk & sd R, fwd L; Fwd R,-, fwd L, fwd R;
- 5-8 TWST VINE 3; DEVELOPE; OUTSD SWVL; THRU SD BHD;
Sd L,-, XRIB, sd L; Fwd R ck,-,-,-; Bk L,-, XRIF tch,-; Fwd R,-, sd L, XRIB;
- 9-12 R TRN W/OUTSD ROLL; BASIC ENDING; 2 SD BASICS;
Sd & bk L,-, sd & bk R, XLIF; Sd R,-, XLIB, rec R; Sd L,-, XRIB, rec L;
Sd R,-, XLIB, rec R;
- 13-16 R TRN W/OUTSD ROLL; BASIC ENDING; 2 OPN BASICS;;
REPEAT 9-10 PART A;; Sd L,-, XRIB, rec L; Sd R,-, XLIB, rec R;

PART B

- 1-4 TRIPLE TRAVELER;;; BASIC END;
Fwd L,-, fwd R, fwd L; Fwd R sprl,-, fwd L, fwd R; Fwd L,-, sd R, XLIF;
Sd R,-, XLIB, rec R;
- 5-8 TRIPLE TRAVELER;;; BASIC END;
REPEAT 1-4 PART B;;;;

PART C

- 1-4 2 LUNGE BASIC;; UNDERARM TRN; BASIC END;
BFLY Sd L,-, rec R, XLIF; Sd R,-, rec L, XRIF; Sd L,-, XRIB, rec L;
Sd R,-, XLIB, rec R;
- 5-8 L TRN W/INSIDE ROLL; BASIC END; L TRN W/INSIDE ROLL; BASIC END;
Fwd L,-, sd R, XLIF; Sd R,-, XLIB, rec R; REPEAT 5-6 PART C;;

PART D

- 1-4 UNDERARM TRN; BASIC END; UNDERARM TRN; BASIC END;
REPEAT 3-4 PART C;; REPEAT 3-4 PART C;;

END

- 1-5 SD BASIC; REV UNDERARM TRN W/WRAP; 2 SWHRT RUNS;; HUG & KISS;
REPEAT 11 PART A; BFLY Hold bo hnds Sd R,-, XLIB, rec R (W wrap) bo FC/LOD;
Fwd L,-, fwd R, fwd L; Fwd R,-, fwd L, fwd R; Hug & kiss;