

love and hate

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Music: "love and hate" by Kelsea Ballerini (Amazon) **Time:** 2:57 **Speed:** 49 rpm (+9%) or to suit
Rhythm: Rumba **Difficulty:** Average
Phase: IV+0+2 unphased [alt basic, shadow new yorker] **Released:** April 9, 2022
Footwork: Opposite, except where noted
Sequence: **Intro – A – B – A – C – Inter – D - End**
Music Link: <https://youtu.be/jXBIoJBI3BA>

INTRODUCTION

Note: There is no intro to music Wait thru vocals "There's a thin, thin line between love and hate"
Start Alternative Basic with "Between a heart..."

1-4 BFLY WALL WAIT 2 MEAS ; ; ALTERNATIVE BASIC 2X ; ;

1-2 In BFLY WALL lead foot free and pointed to the side wait 2 meas ; ;
3-4 Cl L, in place R, sd L, -; cl R, in place L, sd R, -;

5-8 AIDA [RLOD] ; SWITCH ROCK ; SPOT TURN ; FENCE LINE ;

5 Thru L toward RLOD, trng LF sd R continuing LF trn, bk L to "V" bk-to-bk pos, -;
6 Trng RF to fc ptr sd R ckg bringing jnd hands thru, rec L, sd R, -;
7 Swvln 1/4 on ball of R foot step fwd L trng 1/2, rec R trng 1/4 to fc ptr, sd L, -;
8 X lunge thru R w/bent knee looking to LOD, rec L trng to fc ptr, step sd R, -;

PART A

1-4 CHASE PEEK-A-BOO ; ; ; ;

1-4 Fwd L trng sharply 1/2 RF to Tandem, rec R, Fwd L, -; sd R looking over L shldr, rec L, cl R, -;
sd L looking over R shldr, rec R, cl L, -; fwd R trng sharply 1/2 LF, rec L, fwd R, -(Bk R, rec L, fwd R, -;
sd L, rec R, cl L, -; sd R, rec L, cl R, -; fwd L, rec R, bk L, -);

5-8 SIDE WALKS ; ; TIME STEP TWICE [HNDSHK] ; ;

5-6 Sd L, cl R, sd L, -; cl R, sd L, cl R, -;
7-8 XLib of R, rec R, sd L, -; XRib of L, rec L, sd R, -; to HNDSHK

PART B

1-4 FLIRT TO FAN ; ; HOCKEY STICK OVERTURN [BFLY WALL] ; ;

1-2 From HNDSHK Fwd L, rec R, sd L, -; bk R, rec L, sd R, -; (Bk R, fwd L, fwd R trng LF to VARS POS, -;
bk L, rec R, sd L mvg to L in frnt of the M to end in FAN, -);
3-4 Fwd L, rec R, cl L, -; bk R trng 1/8 RF, fwd L following W, fwd and sd R to fc wall and ptr, -(Cl R, fwd L,
fwd R, -; fwd L trng LF twd DRW, fwd R trng LF to fc ptr, sd L, -); to BFLY WALL

5-8 THRU SERPIENTE ; ; FENCE LINE ; CUCARACHA ;

5-6 From BFLY WALL thru L, sd R, beh L, fan R CW; beh R, sd L, thru R, Fan L CW ;
7 X lunge thru L w/bent knee looking to RLOD, rec R trng to fc ptr, step sd L, -;
8 Sd R, rec L, cl R, -;

REPEAT PART A

PART C

1-4 SHADOW NEW YORKER ; WHIP ; REV UA TURN [BFLY] ; CRAB WALK ;

- 1 From HNDSHK Swvlg on R foot bring L foot thru w/straight leg to a sd by sd pos, extending L arm to the sd w/M's L arm bhd W's back, rec R swvlg to fc ptr, sd L, -;
- 2 Stay in HNDSHK Bk R comm 1/4 LF trn, rec fwd L trng 1/4 to complete trn, sd R, -(Fwd L outside man on his L sd, fwd R commence 1/2 LF trn, sd L, -);
- 3 XLif of R, rec R, sd L, -(Swivel 1/4 LF on ball of supporting foot step fwd R trng 1/2 LF, rec L trng 1/4 LF to fc ptr, sd R, -); to BFLY COH
- 4 XRif of L, sd L, XRif of L, -;

5-8 CRAB WALK ; SPOT TURN [HNDSHK] ; SHADOW NEW YORKER ; WHIP [HNDSHK] ;

- 5 Sd L, XRif of L, sd L, -;
- 6 Swvlng 1/4 on ball of L foot step fwd R trng 1/2, rec L trng 1/4 to fc ptr, sd R, -; to HNDSHK
- 7 Repeat Meas 1 of Part C ;
- 8 Repeat Meas 2 of Part C ; to HNDSHK WALL

INTERLUDE

1-4 FLIRT TO FAN ; ; HOCKEY STICK OVERTURN [BFLY WALL] ; ;

- 1-2 Repeat Meas 1-2 of Part B ; ;
- 3-4 Repeat Meas 3-4 of Part B ; ; to BFLY WALL

PART D

1-4 ALTERNATIVE BASIC 3X ; ; ; AIDA [LOD] ;

- 1 Repeat Meas 3 of Intro ;
- 2 Repeat Meas 4 of Intro ;
- 3 Repeat Meas 3 of Intro ;
- 4 Thru R toward LOD, trng RF sd L continuing RF trn, bk R to "V" bk-to-bk pos, -;

5-8 SWITCH CROSS ; SIDE WALK 3 [RL0D] ; NEW YORKER [OP/LOD] ; PROG WK 3 ;

- 5 Trng LF to fc ptr sd L ckg bringing jnd hnds thru, rec R, XLif of R, -(Trng RF to fc ptr sd R ckg bringing jnd hnds thru, rec L, XRif of L, -);
- 6 Sd R, cl L, sd R, -;
- 7 Swvlng on R foot bring L foot thru w/straight leg to a sd by sd pos, rec R to fc ptr, sd L trng to OP/LOD, -;
- 8 Fwd R, fwd L, fwd R, -;

END

1-4 SLIDING DOOR TWICE ; ; CIRCLE AWAY AND TOGETHER ; ;

- 1-2 From OP/LOD rk apart L, rec R releasing hnds XLif of R changing sds as woman Xif of man, -; rk apart R, rec L releasing hands Xrif of L, changing sds as woman Xif of man, -;
- 3-4 Separating from ptr and moving away in a circular pattern fwd L, fwd R, fwd L, -; continuing circular pattern toward ptr fwd R, fwd L, fwd R to BFLY WALL, -;

5-8 CHASE 3/4 ; ; ; AIDA AND EXTEND ARMS ;

- 5-7 Fwd L commence sharp 1/2 RF trn, rec fwd R, fwd L, -; fwd R commence sharp 1/2 LF trn, rec fwd L, fwd R, -; fwd L, rec R, bk L, -;
- 8 Thru R toward LOD, trng RF sd L continuing RF trn, bk R to "V" bk-to-bk pos xtnd trlg arms up & bk, -;

love and hate(Lobato)

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Phase IV+0+2 Rumba

Quick Cues

Intro – A – B – A – C – Inter – D – End

Note: There is no intro to music Wait thru vocals“There’s a thin, thin line between love and hate”
Start Alternative Basic with “Between a heart....”

INTRO

[BFLY WALL] WAIT 2 MEAS ; ; ALT BASIC 2X ; ; AIDA [RLOD] ;
SWITCH ROCK ; SPOT TURN ; FENCE LINE ;

PART A

CHASE PEEK-A-BOO ; ; ; ; SIDE WALKS ; ; TIME STEP 2X [HNDSHK] ; ;

PART B

FLIRT TO FAN ; ; HOCKEY STICK OVERTURN [BFLY WALL] ; ;
THRU SERPIENTE ; ; FENCE LINE ; CUCARACHA [BFLY WALL] ;

PART A

CHASE PEEK-A-BOO ; ; ; ; SIDE WALKS ; ; TIME STEP 2X [HNDSHK] ; ;

PART C

SHADOW NEW YORKER ; WHIP ; REV UA TRN [BFLY] ; CRAB WALKS ; ;
SPOT TURN [HNDSHK] ; SHADOW NEW YORKER ; WHIP [HNDSHK] ;

INTERLUDE

FLIRT TO FAN ; ; HOCKEY STICK OVERTURN [BFLY WALL] ; ;

PART D

ALT BASIC 3X ; ; ; AIDA [LOD] ; SWITCH CROSS ; SIDE WALK 3 [RLOD] ;
NEW YORKER [OP/LOD] ; PROG WALK 3 ;

END

SLIDING DOOR 2X ; ; CIRCLE AWY AND TOG ; ; CHASE 3/4 ; ; ;
AIDA AND EXTEND ARMS ;