

MIXED EMOTIONS (AKA LOVE & HATE)

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Count: 64 **Wall:** 4 **Level:** Intermediate level

Choreographer: Carl Sullivan (Syd) 2/2006

Music: I May Hate Myself In The Morning (90bpm 4:26m) by Lee Ann Womack, Album: The Best Of Country Music Channel 05

PATTERN: EACH REPETITION TURNS $\frac{1}{4}$ RIGHT

1&2-3&4

R Back Coaster step (R,L,R), Step L fwd, Turn a full turn fwd L stepping R,L

5&6-7&8

R Fwd Coaster step (R,L,R), Step L back, Turn full turn back R stepping R,L

1-2

Rock-step R back, Replace on L

&3-4

Turn $\frac{1}{4}$ L stepping R beside L, Rock-step L back, Replace on R (9:00)

5-6

Facing the L diagonal - Step L fwd, Step R close to L turning a fwd full turn L on R

7&8 **

Step L fwd on same diagonal, Step R fwd, Pivot $\frac{1}{2}$ turn L onto L

Restart on Wall 5

1-2

Turn 1/8 L to straighten up to 12:00 - Step R to R side dragging L, Step L behind R

&3-4

Turn 1/4 R stepping R fwd, Step L fwd, Pivot 1/2 R onto R

5-6

Turning 1/4 R - Step L to L side dragging R, Step R behind L

&7-8

Step L to L side, Cross-rock R over L, Replace on L (facing L diagonal)

&1-2

Still on L diagonal - Step R beside L, Rock-step L back, Replace on R

3

Step L fwd on L diagonal

&4

Turning 1/4 L to face a new diagonal - Step R beside L, Rock-step L back

5&6

Replace on R, Turn 1/8 R - Step L to L, Hinge 1/2 turn R stepping R to R side

7-8

Rock-step L across R (R diagonal), Replace on R

&1-2

Still on R diagonal - Step L beside R, Rock-step R back, Replace on L

3

Step R fwd on same diagonal

&4

Turning $\frac{1}{4}$ R to face a new diagonal - Step L beside R, Rock-step R back

5&6

Replace on L, Turn $\frac{1}{8}$ L - Step R to R, Hinge $\frac{1}{2}$ turn L stepping L to L side (12:00)

7-8

Rock-step R across L (L diagonal), Replace on L

&1-2

Step R to R side, Rock-step L over R, Replace on R

&3-4

Step L to L side, Rock-step R over L, Replace on L

&5-6

Turn $\frac{1}{4}$ R stepping R fwd, Step L fwd, Pivot $\frac{1}{2}$ turn R onto R

7&8

Step L fwd, Turn fwd a full turn L stepping R then L (9:00)

1-2

Rock-step R to R side, Replace on L

3&4

Step R behind L, Step L to L side, Touch R heel fwd on R diagonal

&5-6

Step R slightly back, Cross-rock L over R, Replace on R

7&8

Turn a full turn L stepping L, R, L

1-2

Rock-step R to R side, Replace on L

3&4

Step R behind L, Step L to L side, Touch R heel fwd on R diagonal

&5&6

Step R slightly back, Cross-shuffle L-R-L to R side

7-8

Step R to R side, Hinge $\frac{1}{2}$ turn L stepping L to L side (3:00)

**** Restart: After 4th sequence facing 12:00, dance to count 15&, then Pivot $\frac{3}{8}$ turn L to face 3:00. Restart facing 3:00.**

Ending: Dance first 30 counts the turn $\frac{1}{4}$ R stepping L to L side (12:00). Slide R beside L

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