

DOUBLE "M" RECORDS

PRODUCER : MONK MOORE
3522 NC HWY 55W
ANGIER, NC 27501
(919)639-4454



I MAY HATE MYSELF IN THE MORNING *Penny Lewis*

Record: I May Hate Myself In The Morning

Double "M" Records: MM 136

Choreographer: Penny Lewis, 1301-H Leon Street, Durham, NC 27705 e-mail: rndancer@peoplepc.com

Footwork: Opposite Unless noted

Rhythm: TS

Phase: II

Music By: Carl Kaye

Sequence: Intro, A, B, C, D, B, C, D, Ending

INTRO

(01-04) Wait 2 meas ;;

Wait 2 measures ;;

A

(01-04) Rk Sd, Rec ; Cross, Side, Cross ; Rk Sd, Rec ; Cross, Side, Cross ;

(01) Side step to LOD on lead without moving trailing, Rec on trailing ; (02) Cross lead in front of trailing, side step on trailing, cross lead in front of trailing {this movement will be toward RLOD} ; (03-04) Repeat 01-02 with the Rk being toward RLOD and the remaining movement being toward LOD ;;

(05-06) Circle Away & Together ;

(05-06) Step L/R/L, touch L beside R away from partner - turning to face partner step R/L/R ;

(07-10) L Turning Box ;;;;

(07-10) Man - side step L, close R to L, step Fwd L turning 1/4 L, touch R beside L / side step R, close L to R, step back on R continuing L turn, touch L beside R ;; side step L, close R to L, step Fwd L turning 1/4 L, touch R beside L / side step R, close L to R, step back on R continuing L turn, touch L beside R (Lady - side step R, close L to R, step back on R turning 1/4 L, touch L beside R / side step L, close R to L, step Fwd L continuing L Turn, touch R beside L / side step R, close L to R, step back on R turning 1/4 L, touch L beside R / side step L, close R to L, step Fwd L continuing L Turn, touch R beside L) ;;;;

(11-14) Twirl Vine ; Reverse Twirl ; Hitch Apart ; Scissors Thru ;

(11) Side step L, cross R behind L, side step L, touch R beside L (Lady - R face roll under raised lead arms in 3 steps and touch) ; (12) Side step R, cross L behind R, side step R, touch L beside R (Lady - L face roll under raised trailing arms in 3 steps and touch) ; (13) Step away from partner on lead, close trailing beside lead, step toward partner on lead ; (14) Side step toward RLOD on trailing, close lead beside trailing, step thru on trailing ;

(15-16) 2 Fwd 2-Steps ;;

(15-16) Step fwd on lead, close trailing to lead taking weight, step fwd (pass trailing) on lead, touch trailing beside lead NOT taking weight - step Fwd on trailing, close lead to trailing taking weight, step fwd (pass lead) on trailing, touch lead beside trailing NOT taking weight ;;

B

(01-04) Traveling Box ;;;;

(01) Side step to LOD on lead, close trail to lead, step fwd on lead, (02) walk 2 steps to RLOD - face partner and (03) side step to RLOD on trail, close lead to trail, step back on trail, (04) walk 2 steps to LOD in Semi ;;;;

(05-08) Vine 3 & Touch ; Wrap ; Unwrap ; Change Sides (C-COH) ;

(05) Side step to LOD, Cross trail behind lead, side step to LOD ; (06) Side step to RLOD, cross lead behind trail, side step trail, touch lead beside trail (lady - L face roll into partner's R arm) ; (07) side, close, side {small Weight Changes} (lady - R face unroll off of partner's arm three step to face holding trailing hands) ; (08) Fwd, close, fwd change sides and face partner C-COH (Lady - passing under raised trailing arms) ;

(09-16) Traveling Box ;; Vine 3 & Touch ; Wrap ; Unwrap ; Change Sides (Bfly) ;

(09-16) Repeat measures 01-08 above but end in Bfly ;;;

C

(01-04) Scissors Thru & Check ; Rec, Side, Thru ; 2 Turning 2-Steps ;

(01) Side step L, close R to L, step thru on L stopping action ; (02) Recover on trailing, side step on lead, close railing beside lead to CW ; (03-04) Side step L, close R to L, step around partner on L (*lady - side step R, close L to R, step between partners feet rising on ball of foot pivot, or spin, 1/2 R*) - Side step on R, close L to R, step between partner's feet turning R face to face wall (*Lady - side step L, close R to L, step around partner on L making R face turn*) ;;

(05-08) Box ;; Hitch Apart ; Scissors Thru ;

(05) Side step to LOD on lead, close trail to lead, step fwd on lead, (06) side step to RLOD on trail, close lead to trail, step back on trail ;; (07-08) See directions A 13-14 ;;

(09-12) 1 Fwd 2-Step ; Rk Fwd, Rec ; 1 Fwd 2-Step ; Rk Fwd, Rec ;

(09) Step fwd on lead, close trailing to lead taking weight, step fwd (*pass trailing*) on lead, touch trailing beside lead NOT taking weight ; (10) Rk Fwd on lead, recover on trailing ; (11-12) Repeat meas 09-10 ;;

(13-16) Circle Away 2 2-Steps ;; Strut Together 4 ;;

(13-14) Step L/R/L, touch L beside R away from partner - step R/L/R turning to face partner step on last step ; (15-16) Walk toward partner 4 steps with attitude ;;

D

(01-04) 2 Side Touches ; Side, Close, Side, Kick ; 2 Side Touches ; Side, Close, Side, Kick ;

(01) Side step to LOD on lead, touch trail beside lead - Side step to RLOD on trailing, touch lead beside trailing ; (02) Side step to LOD on lead, close trail to lead changing weight, side step on lead, kick trailing foot between Lady's legs (*Lady - will kick outside of gentleman's R leg*) ; (03) Side step to RLOD on trailing, touch lead beside trailing - Side step to LOD on lead, touch trailing beside lead ; (04) Side step to RLOD on trail, close lead to trail changing weight, side step on trail, kick lead beside Lady's R (*Lady will kick lead between gentleman's legs*) ;

(05-08) Hitch Apart ; Scissors Thru ; Strut 4 to PkUp ;;

(05) Step apart on lead, close trailing beside lead, step together on lead ; (06) Side step toward RLOD on trailing, close lead beside trailing, step thru on lead ; (07-08) Slow walk with attitude 4 steps to end in PkUp on last step ;;

(09-12) 2 Fwd 2-Steps ;; Strut 4 ;;

(09-10) See directions A 15-16 (*Lady will back up*) ;; (11-12) See directions for D 07-08 (*Lady will back up*) ;;

(13-16) Scissors to SdCr ; Scissors to Bjo ; Walk & Face; Side Draw Closed ;

(13) Side step on lead foot to COH, close trailing to lead, cross lead in front of trailing (*Lady will cross behind*) ending in SdCr ; (14) Side step toward wall on trailing foot, close lead to trailing, cross trailing in front of lead (*Lady will cross behind*) ending in Bjo ; (15) Walk 1 step fwd toward LOD beginning R face turn toward wall, walk 2nd step to end facing partner in CPW ; (16) Side step toward LOD on lead, draw trailing to lead {beat 2-3}, close trailing beside lead taking weight ;

ENDING

(01-05) Box ;; Reverse Box ;; Sd, Corte ;

(01-02) Man - side step L, close R to L, step Fwd L, touch R beside L / side step R, close L to R, step back on R, touch L beside R (*lady - side step R, close L to R, step back on R, touch L beside R / side step L, close R*) ;; (03-04) Side step L, close R beside L, step back on R, touch L beside R / Side step R, close L beside R, step fwd on R, touch L beside R ;; (05+) Side step raising lead hands/arms and bending body in slight crescent and point trailing feet toward RLOD ;