

DOUBLE "M" RECORDS

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Penny Lewis

I MAY HATE MYSELF IN THE MORNING

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: **Cha**

Phase: **IV+1 (Challenge Chase)**

Music By: **Carl Kaye**

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

INTRO

(01-02) **Wait 2 Meas ;;**

(01-02) Wait 2 measures ;;

A

(01-04) **1/2 Basic ; Left Lariat 3 ;;;**

(01) Rk Fwd on L, Rec on R, L/R/L to man's left side ; (02-04) Rk Sd R, Rec L, R/L/R - Rk Sd L, R/L/R - Rk Sd R, Rec L, R/L/R (*Lady - begin Lariat to gentleman's left side, circle counter clockwise with 3 Fwd Chas L/R. L/R/; - R/L, R/L/R - L/R, L/R/L to face*) ;;;

(05-08) **Ny'r ; Crab Walk Twice ;; 1 Spot Turn ;**

(05) Rk through to RLOD on L releasing trailing hands, Rec on R, side step L/R/L ;

(06-07) Cross R over L, side step L, cross R over L, side step L, cross R over L - side step L, cross R over L, side step L cross R over L, side step L ;; (08) Cross R over L turning left toward COH, step toward COH on L continuing left turn, R/L/R to face partner ;

(09-12) **Crab Walk Twice RLOD ;; 2 Ny'r ;;**

(09-10) Cross L over R, side step R, cross L over R, side step R, cross L over R - side step R, cross L over R, side step R, cross L over R, side step L ;; (11-12) Rk through to RLOD on L releasing trailing hands, Rec on R to face, side step L/R/L - Rk thru to LOD on R releasing lead hands, Rec on L to face, side step R/L/R ;;

(13-16) **Full Side Chase ;;;**

(13-14) Rk Fwd on L, Recover on R turning R to face RLOD, Cross/Sd/Cross - Rk Sd on R, Rec on L, Cross/SdCl/Cross (*Lady Rk Bk on R, Rec Fwd on L turning to face LOD, Cross/Sd/Cross - Rk Sd on L, Rec on R, Cross/Sd/Cross*) ;; (15-16) Repeat directions for meas. 13-14 ending in Bfly ;;

NOTE: This move looks and feels like traveling doors in SdCr without touching.

B

(01-04) **Hand to Hand Twice ;; Traveling Doors ;;**

(01-02) Side step L to O_LOD, Rec R to face, L/R/L - Side step R to O-RLOD, Rec L to face, R/L/R ;; (03-04) Rk Side on L, Rec on R, cross L in front of R, side step R, cross L in front of R - Rk side on R, Rec on L, cross R in front of L, side step L, cross R in front of L ;;

(05-12) **Double Peek-A-Boo Chase ;;; ;;;**

(05) Fwd on L, Recover on R turning R to face COH, L/R/L ; (06-07) Rk Sd R, Rec L, sd R, close L, sd R - Rk Sd L, Rec R, sd L, close R, sd L ;; (08) Fwd on R, Rec on L turning L to face wall, R/L/R (*Lady turns too*) ; (09-10) Rk Sd L, Rec R, sd L, close R, sd L - Rk Sd R, Rec L, sd R, close L, sd R ;; (11) Rk Fwd on L, Rec on R, sd L, close R, sd L (*Lady - Rk fwd on R, Rec on L turning L face to face partner, sd R, close L, sd R*) ; (12) Rk Bk on R, Rec on L, sd R, close L, sd R ;

(13-16) Alamana ;; Lariat ;;

(13) Rk Fwd on L, Rec on R, L/R/L ; **(14)** Rk Bk on R, Rec Fwd on L, sd R, close L, sd R (Lady Rk Fwd on L beginning R face turn under raised lead hands, Rec on R continuing R face turn to face partner, sd L, close R, sd L to partner's right side) ; **(15-16)** Rk Sd L, Rec R, sd L, close R, sd L - Rk Sd R, Rec L, sd R, close L, sd R (Lady - around partner clockwise Fwd R, Fwd L, Fwd R/Close L/Fwd R - Fwd L, Fwd R, Fwd L/Close R, Fwd L to face partner) ;;

C

(01-04) NY'r in 4 ; Ny'r ; Crab Walk Twice ;;

(01) Rk through to RLOD on L, Rec on R, side step on L, Rec on R ; **(02)** Rk through to RLOD on L, Rec on R, side L/close R/side L ; **(03-04)** Cross R over L, side L, cross R over L, side L, cross R over L - side L, cross R over L, side L cross R over L, side L ;;

(05-08) NY'r in 4 ; Ny'r ; Open Break ; Whip ;

(05) Rk through to RLOD on L, Rec on R, side step on L, Rec on R ; **(06)** Rk through to RLOD on L, Rec on R, side L/close R/side L ; **(07)** Rk Bk from partner on lead, Rec on trailing raising trailing hands in the air palm to you and back down L/R/L ; **(08)** Rk Bk on trailing bringing trailing hands across body toward LOD, R/L/R turning to face COH (Lady - Step Fwd crossing L over R, step Fwd R, step Fwd L turning to L face to face partner and wall, side R, close L) ;

(09-16) NY'r in 4 ; Ny'r ; Crab Walk Twice ;; NY'r in 4 ; Ny'r ; Open Break ; Whip ;

(01-08) Repeat meas. but Rk to LOD. Crab Walk to RLOD, and Whip to wall 01-08 ;;; ;;;

D

(01-04) Full Basic ;; Sand Step Twice ;;

(01-02) Rk Fwd on L, Rec on R, side L/close R/side L - Rk Bk on R, Rec on L, side R/close L/side R ;; **(03-04)** Touch Toe of L foot beside R, touch heel of L foot beside R, cross L in front of R, side step R, cross L in front of R - touch toe of R foot beside of L, touch heel of R foot beside L, cross R in front of L, side step L, cross R in front of L ;;

(05-08) Challenge Chase ;;;

(05-06) Rk Fwd on L, Rec Bk on R beginning FULL R face turn, L/R/L to face wall - Rk Bk on R, Rec on L, side R, close L, side R (Lady - Rk Bk on R, Rec on L, side R, close L, side R - Rk Fwd on L, Rec on R beginning FULL R face turn, L/R/L to face partner) ;; **(07-08)** Repeat meas. 05-06 ;;

(09-16) Full Basic ;; Sand Step Twice ;; Challenge Chase ;;;

(01-08) Repeat meas. 01-08 ;;; ;;;

ENDING

(01-04) Full Basic ;; Fwd Basic ; Bk Basic to a Wrap ; Opposition Points

(01-02) Rk Side on L, Rec on R, cross L in front of R, side step R, cross L in front of R - Rk side on R, Rec on L, cross R in front of L, side step L, cross R in front of L ;; **(03)** Rk Fwd on L, Rec on R, side L/close R/side L ; **(04)** Rk Bk on R, Rec on L, side R/close L/side R (Lady - Rk Fwd, Rec, turn into his R arm with R face roll in 3 steps) ;

**Point lead feet - man toward LOD woman toward RLOD and
Squeeze if you please !**