

Hula Hoop

Count: 96

Wand: 2

Ebene: Phrased High Beginner

Choreograf/in: Mike Liadouze (FR) - October 2015

Musik: Hula Hoop - Omi



Introduction: 40 counts - Level: High Beginner

Sequence: AA BB A restart AA BB C tag B C

PART A : VERSE

A[1-8] DIAGONAL WEAVE, KICK, DIAGONAL WEAVE, KICK

1-2-3-4 Step RF diagonally forward, Cross LF over RF, Step RF diagonally forward, Kick LF diagonally forward (10:30)

5-6-7-8 Step LF diagonally forward, Cross RF over LF, Step LF diagonally forward, Kick RF diagonally forward (1:30)

A[9-16] STEP TOUCH x2, BACK ROCK, STEP 1/2 TURN L

1-2-3-4 Step RF side, Touch L toe together, Step LF side, Touch R toe together (12:00)

5-6-7-8 Rock step RF back, Recover on LF forward, Step RF forward, ..1/2 turn L.. Step LF forward (6:00)

***RESTART here on 5th wall (6:00)**

A[17-24] (ROLLING) VINE, TOUCH, (ROLLING) VINE, TOUCH

1-2-3-4 Vine or rolling vine (RLR), Touch L toe together

5-6-7-8 Vine or rolling vine (LRL), Touch R toe together

A[25-32] STEP TOUCH x2, ROCKING CHAIR

1-2-3-4 Step RF side, Touch L toe together, Step LF side, Touch R toe together

5-6-7-8 Rock step RF forward, Recover on LF back, Rock step RF back, Recover on LF forward

PART B : CHORUS

A[1-8] DIAGONAL WEAVE, KICK, DIAGONAL WEAVE, KICK

B[9-16] HIP ROLL x2, KICK, HIP ROLL x2, KICK, STEP 1/2 TURN L

1-2-3 Two hip rolls counterclockwise ∪, step RF side with kick LF side & point R hand up (12:00)

4-5-6 Two hip rolls counterclockwise ∪, step LF side with kick RF side & point L hand up

7-8 Step RF forward, ..1/2 turn L.. Step LF forward (6:00)

A[17-24] (ROLLING) VINE, TOUCH, (ROLLING) VINE, TOUCH

B[25-32] HIP ROLL x2, KICK, HIP ROLL x2, KICK, STOMP, CLAP

1-2-3 Two hip rolls counterclockwise ∪, step RF side with kick LF side & point R hand up

4-5-6 Two hip rolls counterclockwise ∪, step LF side with kick RF side & point L hand up

7-8 Stomp RF up together, clap hands together

PART C : FIRST HALF OF PART A (1-16) & SECOND HALF OF PART B (17-32)

****TAG after 10th wall : HOLD (4 counts) (12:00)**

*****CONTRA for even more FUN try face to face !!**

Original stepsheet : Mike Liadouze (Last update : 03/10/2015)

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