Hook Me Up

Count: 32	**Wand:** 1	**Ebene:** Beginner

Choreograf/in: John Robinson (USA) - July 2011

Musik: Dance Dance Dance - Wilson Phillips

RECOMMENDED MUSIC: "Dance Dance Dance" by Wilson Phillips (Album: California or Princess Diaries 2 Soundtrack) (16-count intro).

PRACTICE MUSIC: "Jump On The Rhythm And Ride (Dance)" by Kool & The Gang (Album: Unite) (32-count intro); "Veo Veo" by Hot Banditoz (Album: Bodyshaker) (32-count intro); this song requires a 2-beat hold (it's fun to shimmy in place of the hold) to stay on phrase after 2nd and 7th repetitions—I use this to teach beginners how to hear phrasing properly.

HEEL HOOK COMBINATION (R THEN L)

1,2	Tap R heel forward (1), Hook R across L shin (2)
3,4	Tap R heel forward (3), Step R next to L (4)
5,6	Tap L heel forward (5), Hook L across R shin (6)
7,8	Tap L heel forward (7), Step L next to R (8)

TOE FANS (R THEN L)

1,2	Turn R toe out (1), Return home (2)
3,4	Turn R toe out (3), Return home shifting weight to R (4)
5,6	Turn L toe out (5), Return home (6)
7,8	Turn L toe out (7), Return home shifting weight to L (8)

ANGLED STEP-TOUCHES (WITH CLAPS) TRAVELING BACK

1,2	Step R back diagonally right (1), Touch L next to R/clap (2)
3,4	Step L back diagonally left (3), Touch R next to L/clap (4)
5,6	Step R back diagonally right (5), Touch L next to R/clap (6)
7,8	Step L back diagonally left (7), Touch R next to L/clap (8)

STEP FORWARD, CLOSE, STEP FORWARD, TOUCH (R THEN L)

Styling: Add "shoop shoop" arms to these counts to increase the fun!

1,2	Step R forward (1), Step L next to R (2)

(option: do a "lock" step on count 2)

3,4	Step R forward (3), Touch L next to R (4)
5,6	Step L forward (5), Step R next to L (6)

(option: do a "lock" step on count 6)

7,8	Step L forward (7), Touch R next to L (8)

(To make this a 4-wall dance, turn 1/4 left on count 7. I always teach this as a 4-wall dance but it can be done as a 1-wall for true beginners.)

START AGAIN AND ENJOY!

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