

# Hula Hoop

**COPPER** **KNOB**  
STEPSHEETS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Francien Sittrop (NL) - May 2012

Musik: Hula Hoop (Radio Edit Us) - Willy William & Lylooloo



**Intro: Start after 32 counts**

**[1 – 8] Rock Recover, Coaster Step , Step fwd, 1 ¼ Turn R**

- 1 – 2 Rock R fwd, Recover on L
- 3 & 4 Step R back, Step L next to R, Step R fwd
- 5 – 6 Step L fwd , Pivot ½ Turn R
- 7 – 8 ½ Turn R step L back , ¼ Turn R step R to R side (03.00)

**[9-16] Knee Pops x2, Rock Recover , Coaster Step**

- 1 & 2 Step L fwd, Both Heels Up , Both Heels Down
- 3 & 4 Step R fwd, Both Heels Up , Both Heels Down
- 5 – 6 Rock L fwd, Recover on R
- 7 & 8 Step L back, Step R next to L , Step L fwd

**[17-24] 2 x ¼ L with Hip Bumps. Rock Recover , Triple Full turn R**

- 1 – 2 Step R fwd , ¼ Turn L recover on L
- 3 – 4 Step R fwd , ¼ Turn L recover on L (09.00)
- 5 – 6 Rock R fwd, Recover on L
- 7 & 8 Triple Full Turn R with R,L,R

**[25-32] Side Rock Recover, Behind Side Fwd, 2x ½ Turn L with Toe Struts with Hip Bumps**

- 1 – 2 Rock L to L side, Recover on R
- 3 & 4 Step L behind R, Step R to R side, Step L fwd
- 5 – 6 ½ Turn L with R Toe strut and Hip bumps
- 7 – 8 ½ Turn L with L Toe strut and Hip bumps (09.00)

**Start Again**

**Ending: Dance end at the 3,00 wall with the last toestrut. Make a ¼ Turn L and step with R to R side to face the front wall**

**Contact - Website: [www.franciensittrop.nl](http://www.franciensittrop.nl)**