

# Hula Hoop

**Count:** 32

**Wall:** 4

**Level:** Newcomer

**Choreographer:** Amélie Jammart (BEL) - September 2015

**Music:** Hula Hoop - Omi



## **OUT, OUT, IN, IN, SIDE, TOUCH, SIDE, TOUCH.**

- 1 RF Step out
- 2 LF Step out
- 3 RF Step in
- 4 LF Step in
- 5 RF Step side to R
- 6 LF Touch next to RF
- 7 LF Step side to L
- 8 RF Touch next to LF

## **VINE, TOUCH, VINE ¼, TOUCH.**

- 9 RF Step side to R
- 10 LF Cross behind RF
- 11 RF Step side to R
- 12 LF Touch next to RF
- 13 LF Step side to L
- 14 RF Cross behind LF
- 15 LF Step ¼ to L
- 16 RF Touch next to LF

## **OUT, SHOULDER SHIMMIES, HAND LEFT TO SHOULDER RIGHT, HAND RIGHT TO SHOULDER LEFT, CHEST PRESS X2.**

- 1 RF Step out
- 2-3-4 Shimmying your shoulders
- 5-6 Hand left to shoulder right, hand right to shoulder left
- 7-8 Swing chest forward, swinging shoulders toward the back X2

## **TOE STRUT FORWARD, TOE STRUT FORWARD, SKATE X4.**

- 1 RF Step forward on left toes
- 2 RF Step down on left heel
- 3 LF Step forward on right toes
- 4 RF Step on right heel
- 5-6-7-8 Skate X4

### **Restarts:-**

**Wall 5 after 16 counts Restart dance**

**Wall 11 after 4 counts Restart dance**

**Contact:** [diddl-01@hotmail.com](mailto:diddl-01@hotmail.com)