

# Hula Hoop!

**COPPER** **KNOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** Easy Beginner

**Choreographer:** Emil Zetterström (SWE) - September 2015

**Music:** Hula Hoop - Omi



**Intro: 32 counts \*\*\* 1 Restart at 5th wall, 10th wall 4 counts Tag**

**S1: 2x Side, Together, Side, Touch**

1 - 2 - 3 - 4 Step RF to right, step LF next to RF, Step RF to right, touch Left toe next to RF  
5 - 6 - 7 - 8 Step LF to left, step RF next to RF, step LF to left, touch Right toe next to LF

**S2: 2x Diagonal, Together, Diagonal, Touch**

1 - 2 - 3 - 4 Step RF right diagonal forward, step LF together, RF to right diagonal forward, touch LF next to RF  
5 - 6 - 7 - 8 Step LF left diagonal forward, step RF together, LF to left diagonal forward, touch RF next to LF

**\*\*\* Restart at 5th wall**

**S3: 2x Back With A Heel, 2x Point Together**

1 - 2 - 3 - 4 Step RF back, touch Left heel forward, step LF back, touch Right heel forward  
5 - 6 - 7 - 8 Point Right toe to right, step RF next to LF, point Left toe to left, step LF next to RF

**S4: Walk Circle A  $\frac{3}{4}$  Turn**

1 - 8 Walk a  $\frac{3}{4}$  turn circle turning left with 8 steps starting with RF ending (3:00)

**Tag: After finishing 10th wall it will be a 4 counts Tag**

1 - 2 Hold 2 counts  
3 - 4 freestyle if you want to or shake your hips or the hands above your head to the music

**Start again!**

**And have fun dancing!**

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