

Hula Hoop

Count: 32

Wall: 2

Level: Novice

Choreographer: Rémi Lemaire (FR) - March 2016

Music: Hula Hoop - Omi



Note : Restart on 5th and 11th Walls

[1-8] MAMBO FWD – MAMBO BACK - STEP FWD TWICE – TRIPLE STEP

1&2 Mambo R forward
3&4 Mambo L back
5-6 Step forward on R and L
7&8 Triple Step R forward

[9-16] STEP ¼ TURN – CROSS TRIPLE – SIDE BEHIND SIDE CROSS

1-2 Step forward on L make ¼ turn on R
3&4 Cross Triple Step L to the R
5-6 Step R to R side, Cross L behind R
7-8 Step R to R side, Cross L over R

[17-24] SIDE ROCK – ROCK BACK – STEP ¼ TURN – TRIPLE FWD

1-2 Rock Step R to R side
3-4 Rock Step R back
5-6 Step R to R side, make ¼ turn to L
7&8 Triple Step R forward

[25-32] STEP HIP ROLL ¼ TURN TWICE – JAZZ BOX

1-2 Step L forward, make ¼ turn to R with hip roll
3-4 Step L forward, make ¼ turn to R with hip roll
5-8 Jazz Box L, finish with touch R next to L

RESTARTS :-

On 5th wall, dance the first 16 count, and modify the 7-8 count of 2nd section by :

7-8 Step R forward on ¼ turn to R, Step Forward on L

On 11th wall, dance the first 4 count and restart the dance.

Have fun

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