

The Hula-Hoop Dance

COPPER KNOB
BY STEPHEN

Count: 32

Wall: 2

Level: Improver

Choreographer: Aiden Fryer (UK) - January 2018

Music: Hula Hoop - Omi



Side Toe Point, Side Toe Point Grapevine With Touch

- 1-2 Step Right To Right Side , Cross Left Over Right Point Toe Forward
3-4 Step Left To Left Side Cross Right Over Left Point Right Toe Forward
5-6-7-8 Step Right To Right Side , Step Behind With Left , Right To Right Side , Touch Left Toe Next To Right

Side Toe Point, Side Toe Point Grapevine ¼ Left With Brush

- 1-2 Step Left To Left Side Cross Right Over Left Point Right Toe Forward
3-4 2 Step Right To Right Side , Cross Left Over Right Point Toe Forward
5-6-7-8 Step Left To Left Side , Step Behind Right Make ¼ Left Step On Left Brush Right Foot Forward ,Weight On Left.

Rock Forward Recover , Right Coaster Step , Step Out Left Step Out Right , Move Hips Clockwise Twice (Hula Motion)

- 1-2 Rock Forward On Right Recover On Left
3&4 Right Coaster Step Stepping Back On Right , Left In Place Forward On Right
5-6 Step Out Left , Step Out Right
7&8 Move Hips In Clockwise Position Twice

Make Full Turn Over Right Rock Back And Cross.

- 1-2 Make ¼ Right Side Make ¼ Right Step Left To Left Side
3-4 2 Step Right To Right Side Make ¼ Right Step Left To Left Side
5-6 ¼ Right Stepping On Right Another ¼ Big Stepping To Left On Left
7-8 Rock Back On Right , Recover On Left Slightly Crossing Left Over Right

Tags:-

Wall 4 After 16 Counts Instead Of Brush Do Shuffle ¼ To Left

Start Of Wall 10

Do 4 Hula Hoops On The Spot