

Lovely Hula Hands

Compte: 32

Mur: 4

Niveau: Ultra Beginner



Chorégraphe: Irene Groundwater (CAN)

Musique: Lovely Hula Hands - Don Ho

DIAGONAL FORWARD, TOGETHER, DIAGONAL FORWARD, BRUSH, DIAGONAL FORWARD, TOGETHER, DIAGONAL FORWARD, BRUSH

- 1-2 Right diagonal forward, step left beside right
- 3-4 Right diagonal forward, brush left ball forward beside right instep
- 5-6 Left diagonal forward, step right beside left
- 7-8 Left diagonal forward, touch right ball beside left instep

Option:

- 1 Stretch hands forward palms down towards the right, right hand leading, body turned slightly left for counts 1-4
- 2 Close hands still forward
- 3 Open hands palm down
- 4 Close hands
- 5-8 Use same hand motions with left hand leading, body turned slightly right for counts 5-8

BACK, BACK, BACK, TOUCH, BACK, BACK, BACK, TOUCH

- 1-2 Right back, left back
- 3-4 Right back, touch left ball beside right instep
- 5-6 Left back, right back
- 7-8 Left back, touch right ball beside left instep

Option:

- 1 Hands go straight forward palms together
- 2-4 Move hands out in circular motion palms down then back to beside body
- 5-8 Repeat hand movements for count 1-4

SIDE, TOGETHER, SIDE, TOUCH, ¼ TURN LEFT, TOGETHER, FORWARD, TOUCH

- 1-2 Side step right, step left beside right
- 3-4 Side step right, touch left ball beside right instep
- 5-6 Pivot ¼ turn left on right ball as you step forward on left, step right beside left
- 7-8 Left forward, touch right ball beside left instep

Option:

- 1 Stretch hands to the right palms down
- 2-4 With arms in same position - close, open, and close hands
- 5 Stretch hands forward palms down towards the left, left hand leading, body turned slightly right
- 6 Close hands still forward
- 7 Open hands palm down
- 8 Close hands

SIDE, TOGETHER, SIDE, TOUCH, SIDE, TOGETHER, SIDE, TOUCH

- 1-3 Side step right, step left beside right
- 3-5 Side step right, touch left ball beside right instep
- 5-7 Side step left, step right beside left
- 7-9 Side step left, touch right ball beside left instep

Option:

- 1 Stretch hands to the right palms down
- 2-4 With arms in same position - close, open, and close hands
- 5-8 Repeat above hand movements in opposite direction

REPEAT
