

# Hula Hoop

拍数: 32      墙数: 4      级数: Newcomer  
编舞者: Amélie Jammart (BEL) - September 2015  
音乐: 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)