

Hula Hands

拍数: 64 墙数: 2 级数:
编舞者: Margaret Mather
音乐: Hula Hands - Randy Travis



Using your hands for a hula sway

- 1-2-3&4 Sway right, forward step left, together, right, shuffle forward (right, left, right)
5-6-7&8 Sway left, forward step right, together, left, shuffle forward (left, right, left)
- 1-2-3-4 Right, rocking chair (rock forward right, back left, back right forward left,)
5-6-7&8 Step forward on right, turning $\frac{1}{4}$ left rock onto left shuffle forward right
- 1-2-3-4 Left, rocking chair (rock forward left, back right, back left, forward right,)
5&6-7-8 Shuffle forward left (left, right, left) rock forward right, back on left
- 1-2-3-4 Rock back on right, forward left, rock forward right, back on left
5&6-7-8 Shuffle back on right, rock back on left, forward onto right
- 1-2-3&4 Step forward left, pivot $\frac{1}{2}$ right, shuffle left, forward (left, right, left)
5-6-7&8 Rock right, to side rock onto left, cross shuffle right, (right, left, right)
- 1-2-3&4 Rock left to side rock onto right, cross shuffle left, (left, right, left)
5-6-7-8 Vine right, ending with right, in front (right, left, right, forward)
- 1&2-3-4 Shuffle right, side rock back on left, forward onto right
5&6-7-8 Turning $\frac{1}{4}$ right, shuffle back on left, rock back right forward on left
- 1&2 Shuffle forward right, (right, left, right)
3-4-5-6 Left, rocking chair (forward left back right, back left forward right,)
7-8 Step forward on left scuff right

REPEAT
