

Hokey Pokey Hula

拍数: 64 墙数: 2 级数: Improver
编舞者: Violet Ray (USA)
音乐: Hokey Pokey - Pekelo Cosma



HEEL, CROSS, HEEL, FLICK, CROSS, SIDE, CROSS, HOLD

1-2 Tap right heel forward, cross right foot over left foot
3-4 Tap right heel forward, flick right foot back to right angle
5-6 Cross right foot over left foot, step left foot to left side
7-8 Cross right foot over left foot, hold

HEEL, CROSS, HEEL, FLICK, CROSS, SIDE, CROSS, HOLD

1-2 Tap left heel forward, cross left foot over right foot
3-4 Tap left heel forward, flick left foot back to left angle
5-6 Cross left foot over right foot, step right foot to right side
7-8 Cross left foot over right foot, hold

BASIC HULA STEPS RIGHT & LEFT

1-2 Step right foot to right side, step left foot next to right foot
3-4 Step right foot to right side, hold
5-6 Step left foot to left side, step right foot next to left foot
7-8 Step left foot to left side, hold

Hula arms for above steps (ladies):

Going right - right out to side, left across left chest (palms down - wave fingers 2x - down, up, down, up) going left - left out to side, right across right chest (palms down - wave fingers 2x - down, up, down, up)

Hula arms for above steps (men):

Going right - right across right chest hand (fisted), left on left hip (fisted) going left - left across left chest hand (fisted), right on right hip (fisted)

¼ PIVOT TURN, CROSS, HOLD, POINT, HOLD, CROSS, HOLD

1-2 Step right foot forward, pivot turn ¼ left ending with weight on left foot (9:00)
3-4 Cross right foot over left foot, hold
5-6 Point left foot to left side, hold
7-8 Cross left foot over right foot, hold

¼ PIVOT AMI TURN, ¼ PIVOT AMI TURN, STOMP, HOLD, HOLD, HOLD

1-2 Step right foot slightly forward, pivot turn ¼ left while rotating hips around to the left ending with weight on left foot (6:00)
3-4 Step right foot slightly forward, pivot turn ¼ left while rotating hips around to the left ending with weight on left foot (3:00)
5-6 Stomp right foot forward, hold
7-8 Hold, hold

½ PIVOT TURN, ½ PIVOT TURN, ¼ PIVOT TURN, CROSS, HOLD

1-2 Step left foot forward, pivot turn ½ right ending with weight on right foot (9:00)
3-4 Step left foot forward, pivot turn ½ right ending with weight on right foot (3:00)
5-6 Step left foot forward, pivot turn ¼ right ending with weight on right foot (6:00)
7-8 Cross left foot over right foot, hold

SCISSOR STEPS RIGHT & LEFT

1-2 Rock right foot out to right side, recover weight on left foot
3-4 Cross right foot over left foot, hold

5-6 Rock left foot out to left side, recover weight on right foot
7-8 Cross left foot over right foot, hold

ROCK FORWARD, RECOVER, ROCK FORWARD, HOLD, ROCK FORWARD, RECOVER, ROCK FORWARD, HOLD

1-2 Rock right foot forward, recover weight on left foot
3-4 Rock right foot forward, hold
5-6 Rock left foot forward, recover weight on right foot
7-8 Rock left foot forward, hold

REPEAT
