

The Hula Slide

COPPER KNOB
STEPPERS

拍数: 40 墙数: 4 级数: Beginner
编舞者: The Grandpa Crunk (CAN) - September 2011
音乐: The Hula Slide - The Grandpa Crunk



Documented by Winnie Yu (Pooh) Canada

Intro: 48 counts

Sec. 1: Fwd Rock, Recover, Coaster, Fwd Rock Recover, Coaster

1-2 Rock forward on right, recover onto left
3&4 Step right back, step left next to right, step forward on right
5-6 Rock forward on left, recover onto right
7&8 Step left back, step right next to left, step forward on left

Sec. 2: Walk, Walk, 1/4 L Side, Touch, Rolling Vine L, Touch

1-2 Walk forward R, L
3-4 Make ¼ left and stepping right to right side, touch left toe next to right (9:00)
5-6-7-8 Make a ¼ left and stepping left forward, make a ½ left and stepping right backward, make a ¼ left and stepping left to left side, touch right next to left (9:00)

Sec. 3: Back x3, Together, Hop x3, Hold

1-2-3-4 Stepping backward R, L, R, step left next to right
5-6-7-8 Hop forward x3, hold [Option: walk forward R,L,R, step left next to right]

Sec. 4: Bounces with Hands Up & Down

1-2-3-4 Bouncing 4 counts with the both hands up
5-6-7-8 Bouncing 4 counts with the both hands down

Sec. 5: Hula Hoop Left & Right

1-2-3-4 Rolling hips to L counter clockwise
5-6-7-8 Rolling hips to R clockwise

Start again!
