

# Hula Hoop

拍数: 32      墙数: 4      级数: Improver  
编舞者: Francien Sittrop (NL) - May 2012  
音乐: Hula Hoop (Radio Edit Us) - Willy William & Lylloo



**Intro: Start after 32 counts**

**[1 – 8] Rock Recover, Coaster Step , Step fwd, 1 ¼ Turn R**

1 – 2      Rock R fwd, Recover on L  
3 & 4      Step R back, Step L next to R, Step R fwd  
5 – 6      Step L fwd , Pivot ½ Turn R  
7 – 8      ½ Turn R step L back , ¼ Turn R step R to R side (03.00)

**[9-16] Knee Pops x2, Rock Recover , Coaster Step**

1 & 2      Step L fwd, Both Heels Up , Both Heels Down  
3 & 4      Step R fwd, Both Heels Up , Both Heels Down  
5 – 6      Rock L fwd, Recover on R  
7 & 8      Step L back, Step R next to L , Step L fwd

**[17-24] 2 x ¼ L with Hip Bumps. Rock Recover , Triple Full turn R**

1 – 2      Step R fwd , ¼ Turn L recover on L  
3 – 4      Step R fwd , ¼ Turn L recover on L (09.00)  
5 – 6      Rock R fwd, Recover on L  
7 & 8      Triple Full Turn R with R,L,R

**[25-32] Side Rock Recover, Behind Side Fwd, 2x ½ Turn L with Toe Struts with Hip Bumps**

1 – 2      Rock L to L side, Recover on R  
3 & 4      Step L behind R, Step R to R side, Step L fwd  
5 – 6      ½ Turn L with R Toe strut and Hip bumps  
7 – 8      ½ Turn L with L Toe strut and Hip bumps (09.00)

**Start Again**

**Ending: Dance end at the 3,00 wall with the last toestrut. Make a ¼ Turn L and step with R to R side to face the front wall**

**Contact - Website: [www.franciensittrop.nl](http://www.franciensittrop.nl)**