

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

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