

Hula Hoop

拍數: 32 牆數: 4 級數: Newcomer
編舞者: Amélie Jammart (BEL) - September 2015
音樂: Hula Hoop - Omi



OUT, OUT, IN, IN, SIDE, TOUCH, SIDE, TOUCH.

- 1 RF Step out
- 2 LF Step out
- 3 RF Step in
- 4 LF Step in
- 5 RF Step side to R
- 6 LF Touch next to RF
- 7 LF Step side to L
- 8 RF Touch next to LF

VINE, TOUCH, VINE ¼, TOUCH.

- 9 RF Step side to R
- 10 LF Cross behind RF
- 11 RF Step side to R
- 12 LF Touch next to RF
- 13 LF Step side to L
- 14 RF Cross behind LF
- 15 LF Step ¼ to L
- 16 RF Touch next to LF

OUT, SHOULDER SHIMMIES, HAND LEFT TO SHOULDER RIGHT, HAND RIGHT TO SHOULDER LEFT, CHEST PRESS X2.

- 1 RF Step out
- 2-3-4 Shimmying your shoulders
- 5-6 Hand left to shoulder right, hand right to shoulder left
- 7-8 Swing chest forward, swinging shoulders toward the back X2

TOE STRUT FORWARD, TOE STRUT FORWARD, SKATE X4.

- 1 RF Step forward on left toes
- 2 RF Step down on left heel
- 3 LF Step forward on right toes
- 4 RF Step on right heel
- 5-6-7-8 Skate X4

Restarts:-

Wall 5 after 16 counts Restart dance
Wall 11 after 4 counts Restart dance

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