

Like A Hula Hula Hoop

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Phrased Easy Intermediate
編舞者: Wil Bos (NL) & Dwight Meessen (NL) - September 2015
音樂: Hula Hoop - Omi : (Single)



Intro: 32 counts - Sequence: AA, BB, A16, AA, BB, A, Tag, B, A, Ending

PART A – 32 counts

A1: Rock Side Recover, Close, Rock Side Recover, Close, Rock Fwd Recover, Shuffle ½ Turn R

1-2 RF rock side, LF recover
&3-4 RF together, LF rock side, RF recover
&5-6 LF together, RF rock forward, LF recover
7&8 RF ¼ right step side, LF step beside, RF ¼ right step forward [6]

A2: Cross, ¼ Turn L Back, Coaster, Fwd, Hold, Ball, Walk x2

1-2 LF cross over, RF ¼ left step back
3&4 LF step back, RF together, LF step forward
5-6 RF step forward, hold
&7-8 LF together, RF step forward, LF step forward [3]

A3: Rock Fwd Recover, Triple Full Turn R, Side Point x2

1-2 RF rock forward, LF recover
3&4 RF ½ right step in place, LF step beside, RF ½ right step in place
5-8 LF step side, RF point side, RF step side, LF point side [3]

A4: Diag. Rock Back Recover, Shuffle Fwd, Pivot ½ Turn L, Rock Fwd Straightening Up Recover

1-2 LF ⅛ left rock back, RF recover
3&4 LF step forward, RF step beside, LF step forward
5-6 RF step forward, R+L ½ turn left
7-8 RF rock forward, LF ⅛ right recover [9]

PART B – 32 counts

B1: Rolling Vine, Point Clap (x2)

1-4 RF ¼ right step forward, LF ½ right step back, RF ¼ right step side, LF point side and clap
5-8 LF ¼ left step forward, RF ½ left step back, LF ¼ left step side, RF point side and clap

B2: Hip Bumps, Hip Rolls

1-4 RF step side and bump hips right, hips right, hips left, hips left
5-8 roll hips cw in 2 counts, roll hips cw in 2 counts

B3: Pivot ½ Turn L x2, Rocking Chair

1-4 RF step forward, R+L ½ turn left, RF step forward, R+L ½ turn left
5-8 RF rock forward, LF recover, RF rock back, LF recover

B4: Hip Bumps, Hip Rolls

1-4 RF step side and bump hips right, hips right, hips left, hips left
5-8 roll hips cw in 2 counts, roll hips cw in 2 counts

TAG: Side Rock Recover, Back Rock Recover

1-4 RF rock side, LF recover, RF rock back, LF recover

Ending: End after the last part A with:

1-3 RF rock forward, LF recover, RF ½ right step forward [12]

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Last Update - 16th Sept 2015
