

# Hula Hula Hoop

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Adrian Lefebour (AUS) & Jessica Lamb (AUS) - September 2015  
音樂: Hula Hoop - Omi



**Notes:** 32 count intro from the start of the song.

**Starting Position:** Right Toe pointed to R side ready to Turn

## [1-8] Full Turn, Scuff, Step Across, Replace, Step, Touch

1,2,3      1/4 Turn R step R fwd, 1/2 Turn R step L back, 1/4 Turn R step R to R side (12.00)  
4      Scuff L fwd/across R  
5,6      Step L fwd/across R, Replace weight back on R  
7,8      Step L to L side, Touch R toe next to L

## [9-16] V Step (Using Hips) x2

1,2      Step R fwd push hips R (1.00), Step L to L side push hips L  
3,4      Step R back push hips back (12.00), Step L next to R push hips L (weight on L)

**Repeat for 5 - 8**

## [17-24] Step, Replace, Coaster Step, 1/2 Pivot Turn, Shuffle Fwd

1,2      Step R fwd, Replace weight back on L  
3&4      Step R back, Step L next to R, Step R fwd  
5,6      Step L fwd, 1/2 Pivot Turn R (weight on R) (6.00)  
7&8      Shuffle fwd on L stepping L R L

## [25-32] 1/4 Paddle Turns (Using Hips) x3, Step Across, Replace

1,2      Step R fwd, Push hips around to make 1/4 Paddle Turn L (weight on L) (3.00)  
3,4      Step R fwd, Push hips around to make 1/4 Paddle Turn L (weight on L) (12.00)  
5,6      Step R fwd, Push hips around to make 1/4 Paddle Turn L (weight on L) (9.00)  
7,8      Step R fwd/across L, Replace weight back on L

## START AGAIN

### TAG 1 – End of Wall 4, you will be facing the 12.00 wall.

1,2      Step R to R side, Step L across R  
3,4      Step R to R side, Step L behind R  
5      1/4 Turn R step R fwd (3.00)  
6,7,8      Step L fwd, 1/2 Pivot Turn R, 1/4 Turn R step L to L side (12.00)

1,2      Step R behind L, 1/4 Turn L step L fwd (9.00)  
3,4      Step R fwd, 1/2 Pivot Turn L (weight on L) (3.00)  
5,6      Step R fwd, 1/4 Pivot Turn L (12.00)  
7,8      Step R fwd/across L, Replace weight back on L

### TAG 2 – End of Wall 9, you will be facing the 9.00 wall.

1,2      1/4 Turn R step R fwd, Step L fwd (12.00)  
3,4      Step R fwd/across L, Replace weight back on L

**FINISH:** Wall 11 – Dance to count 30, then Step R fwd, Push hips around to make 1/2 Paddle Turn L to finish at the front wall.

**Contacts:-**

Adrian Lefebour – 0412 207 745 - [alefebour@gmail.com](mailto:alefebour@gmail.com)

Jessica Lamb – 0404 052 699 - jessdolphin@hotmail.com

---