

# Hula Hoop

拍數: 96                      牆數: 2                      級數: Phrased High Beginner  
編舞者: Mike Liadouze (FR) - October 2015  
音樂: Hula Hoop - Omi



Introduction: 40 counts - Level: High Beginner  
Sequence: AA BB A restart AA BB C tag B C

## PART A : VERSE

### A[1-8] DIAGONAL WEAVE, KICK, DIAGONAL WEAVE, KICK

1-2-3-4              Step RF diagonally forward, Cross LF over RF, Step RF diagonally forward, Kick LF diagonally forward (10:30)  
5-6-7-8              Step LF diagonally forward, Cross RF over LF, Step LF diagonally forward, Kick RF diagonally forward (1:30)

### A[9-16] STEP TOUCH x2, BACK ROCK, STEP 1/2 TURN L

1-2-3-4              Step RF side, Touch L toe together, Step LF side, Touch R toe together (12:00)  
5-6-7-8              Rock step RF back, Recover on LF forward, Step RF forward, ..1/2 turn L.. Step LF forward (6:00)

**\*RESTART here on 5th wall (6:00)**

### A[17-24] (ROLLING) VINE, TOUCH, (ROLLING) VINE, TOUCH

1-2-3-4              Vine or rolling vine (RLR), Touch L toe together  
5-6-7-8              Vine or rolling vine (LRL), Touch R toe together

### A[25-32] STEP TOUCH x2, ROCKING CHAIR

1-2-3-4              Step RF side, Touch L toe together, Step LF side, Touch R toe together  
5-6-7-8              Rock step RF forward, Recover on LF back, Rock step RF back, Recover on LF forward

## PART B : CHORUS

### A[1-8] DIAGONAL WEAVE, KICK, DIAGONAL WEAVE, KICK

### B[9-16] HIP ROLL x2, KICK, HIP ROLL x2, KICK, STEP 1/2 TURN L

1-2-3                  Two hip rolls counterclockwise ∪, step RF side with kick LF side & point R hand up (12:00)  
4-5-6                  Two hip rolls counterclockwise ∪, step LF side with kick RF side & point L hand up  
7-8                      Step RF forward, ..1/2 turn L.. Step LF forward (6:00)

### A[17-24] (ROLLING) VINE, TOUCH, (ROLLING) VINE, TOUCH

### B[25-32] HIP ROLL x2, KICK, HIP ROLL x2, KICK, STOMP, CLAP

1-2-3                  Two hip rolls counterclockwise ∪, step RF side with kick LF side & point R hand up  
4-5-6                  Two hip rolls counterclockwise ∪, step LF side with kick RF side & point L hand up  
7-8                      Stomp RF up together, clap hands together

## PART C : FIRST HALF OF PART A (1-16) & SECOND HALF OF PART B (17-32)

**\*\*TAG after 10th wall : HOLD (4 counts) (12:00)**

**\*\*\*CONTRA for even more FUN try face to face !!**

Original stepsheet : Mike Liadouze (Last update : 03/10/2015)

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