

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)

Email : mike.liadouze@gmail.com - Website : <http://mikeliadouze.free.fr>