Hula Hoop!



拍數: 32 牆數: 4 級數: Easy Beginner

編舞者: Emil Zetterström (SWE) - September 2015

音樂: Hula Hoop - Omi



Intro: 32 counts *** 1 Restart at 5th wall, 10th wall 4 counts Tag

S1: 2x Side, Together, Side, Touch

1 - 2 - 3 - 4 Step RF to right, step LF next to RF, Step RF to right, touch Left toe next to RF 5 - 6 - 7 - 8 Step LF to left, step RF next to RF, step LF to left, touch Right toe next to LF

S2: 2x Diagonal, Together, Diagonal, Touch

- 1 2 3 4 Step RF right diagonal forward, step LF together, RF to right diagonal forward, touch LF next to RF
- 5 6 7 8 Step LF left diagonal forward, step RF together, LF to left diagonal forward, touch RF next to LF

*** Restart at 5th wall

S3: 2x Back With A Heel, 2x Point Together

- 1 2 3 4 Step RF back, touch Left heel forward, step LF back, touch Right heel forward
- 5 6 7 8 Point Right toe to right, step RF next to LF, point Left toe to left, step LF next to RF

S4: Walk Circle A ¾ Turn

1 – 8 Walk a ¾ turn circle turning left with 8 steps starting with RF ending (3:00)

Tag: After finishing 10th wall it will be a 4 counts Tag

- 1 2 Hold 2 counts
- 3 4 freestyle if you want to or shake your hips or the hands above your head to the music

Start again!

And have fun dancing!

Contact: emil.zetterstrom93@gmail.com