

# Hula Hoop

拍數: 32      牆數: 2      級數: Novice  
編舞者: Rémi Lemaire (FR) - March 2016  
音樂: Hula Hoop - Omi



**Note : Restart on 5th and 11th Walls**

**[1-8] MAMBO FWD – MAMBO BACK - STEP FWD TWICE – TRIPLE STEP**

1&2      Mambo R forward  
3&4      Mambo L back  
5-6      Step forward on R and L  
7&8      Triple Step R forward

**[9-16] STEP ¼ TURN – CROSS TRIPLE – SIDE BEHIND SIDE CROSS**

1-2      Step forward on L make ¼ turn on R  
3&4      Cross Triple Step L to the R  
5-6      Step R to R side, Cross L behind R  
7-8      Step R to R side, Cross L over R

**[17-24] SIDE ROCK – ROCK BACK – STEP ¼ TURN – TRIPLE FWD**

1-2      Rock Step R to R side  
3-4      Rock Step R back  
5-6      Step R to R side, make ¼ turn to L  
7&8      Triple Step R forward

**[25-32] STEP HIP ROLL ¼ TURN TWICE – JAZZ BOX**

1-2      Step L forward, make ¼ turn to R with hip roll  
3-4      Step L forward, make ¼ turn to R with hip roll  
5-8      Jazz Box L, finish with touch R next to L

**RESTARTS :-**

**On 5th wall, dance the first 16 count, and modify the 7-8 count of 2nd section by :**

7-8      Step R forward on ¼ turn to R, Step Forward on L

**On 11th wall, dance the first 4 count and restart the dance.**

**Have fun**

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