

# Hula Hoop

拍數: 32      牆數: 2      級數: Low Intermediate  
編舞者: Ronald "RONNIE" Grabs (DE) - July 2020  
音樂: Hula Hoop - Omi



## **CROSS-SIDE / SAILOR STEP / CROSS-1/4 R BACK-1/4 R SIDE-CROSS**

1,2      cross step left foot over right, step right foot to right side,  
3&4      cross step left foot behind right, step right foot slightly to right side, step left foot to left side,  
5,6,7,8      cross right foot over left, turn 1/4 to right (3:00) and step left foot to left side, turn 1/4 to right (6:00) and step right foot to right side, cross step left foot over right,

## **SIDE-HOLD w. HIP ROLL / BALL-SIDE-TOUCH / SIDE-HOLD w. HIP ROLL / BALL-SIDE-HOLD**

1-2      step right foot to right side and circle with hips slowly counter clockwise and hold,  
&3,4      ball step left foot next to right, step right foot to right side, touch left foot next to right,  
5-6      step left foot to left side and circle with hips slowly clockwise and hold,  
&7-8      ball step right foot next to left, step left foot to left side and hold,

**Restart: In wall 5 dance until here, step on 8 right foot together and start with face 6:00 from the top.**

## **CROSS SAMBA / CROSS SAMBA / JAZZ BOX 1/4 R**

1&2      cross step right foot over left, rock left foot to left side, recover weight back on right foot,  
3&4      cross step left foot over right, rock right foot to right side, recover weight back on left foot,  
5,6,7,8      cross step right foot over left, step left foot back, turn 1/4 right (9:00) and step right foot to right side, step left foot forward,

## **STEP-1/2 PIVOT L w. HIP-STEP-HOLD / STEP-1/4 PIVOT R w. HIP-SYNC. CROSS SHUFFLE**

1,2,3-4      step right foot forward, turn 1/2 left (3:00) and step left foot with circling hips in place, step right foot forward and hold  
5,6,7      step left foot forward, turn 1/4 right (6:00) and step right foot with circling hips in place, cross step left foot over right,  
8&      hold position, ball step right foot slightly to right side,

## **REPEAT**

**RESTART: In wall 5 dance until count 16, step on 8 right foot together and start with face 6:00 from the top.**

**TAG: After wall 10 (12:00) the music stops. Hold position over 4 counts and start from the top.**

**FINISH: At the end of wall 12 dance count 32 a right foot step to side and play with right hand a key or a accord on a piano in front of you.**