

Sophisticated Hula

拍數: 64 牆數: 4 級數: Improver
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音樂: Sophisticated Hula - Na Leo Pilimehana



START WITH HANDS ON HIPS: TRIPLES FORWARD (RIGHT THEN LEFT), CHASE TURN LEFT, WIGGLE DOWN & UP

Styling: place hands on hips for this first section

- 1-4 (QQS) Right step forward, left step forward in 3rd position, step right forward, hold
5-8 (QQS) Left step forward, right step forward in 3rd position, step left forward, hold
1-4 (QQS) Right step forward, pivot ½ left (to 6:00) shifting weight to left, right step next to left, hold
5-8 (QQQQ) Bend knees & bump hips right, bend knees a little more bumping hips left, straighten knees a bit bumping hips right, straighten knees completely bumping hips left (weight on left)

SIDE TRIPLES WITH HULA HANDS, SLOW ¼ PIVOT LEFT, ½ PADDLE TURN

Styling: do hula hands to the right on the first 4 counts, & to the left on the second 4 counts

- 1-4 (QQS) Right step side right, left step next to right, right step side right, hold
5-8 (QQS) Left step side left, right step next to left, left step side left, hold
1-4 (SS) Right step forward, hold, pivot ¼ left (to 3:00) shifting weight to left, hold

Styling: push hands up in the air over your head & slightly off to the right as you paddle

- 5-8 (SS) Paddle a half pivot ¼ left (to 12:00) raising right slightly off floor, touch right side right, pivot ¼ left (to 9:00) raising right slightly off floor, touch right side right

CROSS, HOLD, SIDE, HOLD, CROSS, HOLD, SIDE, HOLD, CHARLESTON

Styling: swing arms out to right side on the cross steps, swing arms across body to left on the side steps

- 1-4 (SS) Right step across left, hold, left step side left, hold
5-8 (SS) Right step across left, hold, left step side left, hold

Angle body diagonally left for the next 8 counts

- 1-4 (SS) With body angled diagonally left (to 7:30) right sweep/touch forward, hold, right sweep back/step back, hold
5-8 (SS) Left sweep/touch back, hold, left sweep forward/step forward, hold

CHASE TURN LEFT, RUN FORWARD, SLOW JAZZ BOX SQUARING UP TO NEW WALL

Maintain diagonal on first 8 counts

- 1-4 (QQS) Right step forward to left diagonal, ½ pivot left (to 1:30) shifting weight to left, right step forward to left diagonal, hold
5-8 (QQS) Run forward picking feet up high (like goose-stepping) left, right, left, hold
1-4 (SS) Right step across left, hold, left step back turning 1/8 right (to 3:00) squaring up to new wall, hold
5-8 (SS) Right step side right, hold, left step next to right placing hands on hips, hold

REPEAT

FUN ENDING

At end of song, you'll be facing the 9:00 wall. Do the first 16 counts (first two sets of 8), then hula hands to right side (towards 12:00) as music finishes