

# Hokey Pokey Hula

拍數: 64      牆數: 2      級數: Improver  
編舞者: Violet Ray (USA)  
音樂: Hokey Pokey - Pekelo Cosma



## HEEL, CROSS, HEEL, FLICK, CROSS, SIDE, CROSS, HOLD

1-2      Tap right heel forward, cross right foot over left foot  
3-4      Tap right heel forward, flick right foot back to right angle  
5-6      Cross right foot over left foot, step left foot to left side  
7-8      Cross right foot over left foot, hold

## HEEL, CROSS, HEEL, FLICK, CROSS, SIDE, CROSS, HOLD

1-2      Tap left heel forward, cross left foot over right foot  
3-4      Tap left heel forward, flick left foot back to left angle  
5-6      Cross left foot over right foot, step right foot to right side  
7-8      Cross left foot over right foot, hold

## BASIC HULA STEPS RIGHT & LEFT

1-2      Step right foot to right side, step left foot next to right foot  
3-4      Step right foot to right side, hold  
5-6      Step left foot to left side, step right foot next to left foot  
7-8      Step left foot to left side, hold

### Hula arms for above steps (ladies):

Going right - right out to side, left across left chest (palms down - wave fingers 2x - down, up, down, up) going left - left out to side, right across right chest (palms down - wave fingers 2x - down, up, down, up)

### Hula arms for above steps (men):

Going right - right across right chest hand (fisted), left on left hip (fisted) going left - left across left chest hand (fisted), right on right hip (fisted)

## ¼ PIVOT TURN, CROSS, HOLD, POINT, HOLD, CROSS, HOLD

1-2      Step right foot forward, pivot turn ¼ left ending with weight on left foot (9:00)  
3-4      Cross right foot over left foot, hold  
5-6      Point left foot to left side, hold  
7-8      Cross left foot over right foot, hold

## ¼ PIVOT AMI TURN, ¼ PIVOT AMI TURN, STOMP, HOLD, HOLD, HOLD

1-2      Step right foot slightly forward, pivot turn ¼ left while rotating hips around to the left ending with weight on left foot (6:00)  
3-4      Step right foot slightly forward, pivot turn ¼ left while rotating hips around to the left ending with weight on left foot (3:00)  
5-6      Stomp right foot forward, hold  
7-8      Hold, hold

## ½ PIVOT TURN, ½ PIVOT TURN, ¼ PIVOT TURN, CROSS, HOLD

1-2      Step left foot forward, pivot turn ½ right ending with weight on right foot (9:00)  
3-4      Step left foot forward, pivot turn ½ right ending with weight on right foot (3:00)  
5-6      Step left foot forward, pivot turn ¼ right ending with weight on right foot (6:00)  
7-8      Cross left foot over right foot, hold

## SCISSOR STEPS RIGHT & LEFT

1-2      Rock right foot out to right side, recover weight on left foot  
3-4      Cross right foot over left foot, hold

5-6 Rock left foot out to left side, recover weight on right foot  
7-8 Cross left foot over right foot, hold

**ROCK FORWARD, RECOVER, ROCK FORWARD, HOLD, ROCK FORWARD, RECOVER, ROCK FORWARD, HOLD**

1-2 Rock right foot forward, recover weight on left foot  
3-4 Rock right foot forward, hold  
5-6 Rock left foot forward, recover weight on right foot  
7-8 Rock left foot forward, hold

**REPEAT**

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