

# Hula Hoop

拍數: 64      牆數: 2      級數: Phrased Improver  
編舞者: Rebecca Lee (MY) - September 2013  
音樂: Hula Hoop (feat. Mohombi) - Stella Mwangi



Intro : 16 counts - Sequence : AA, BB, AA, BB, A-16counts A, BBB

## Part A- 32 Counts

### Walk Forward, Press, ½ turn R sweep, Behind side cross, Side rock cross

1-2            Step R forward, Step L forward  
3-4            Press R forward , ½ turn R with R sweep  
5&6           Step R behind L, Step L to side, Step R over L  
7&8           Rock L to side, recover R, Step L over R

### Scissor Cross, Rock Step, Touch ½ turn L

1&2           Step R diagonally back, Step L beside R, Step R over L  
3&4           Step L diagonally back, Step R beside L, Step L over R  
5&6           Rock R forward, recover L, Step R back  
7&8           Touch L back, ½ turn L, weight on L

### Rocking Chair X2, Slide, Rocking x2, Slide

1&2&          Rock R over L, recover L, Rock R to side, recover L  
3&4           Rock R over L, recover L, Slide R to side  
5&6&          Rock L over R, recover R, Rock L to side, recover R  
7&8           Rock L over R, recover R, Slide L to side

### Hip Bump, Sailor Step, Unwind ½ turn L

1-2           Step R forward hip bump R forward, back  
3-4           Step L forward hip bump L forward, back  
5&6           Step R behind L, Step L to Side, Step R to side  
7-8           Step L behind R, Unwind ½ turn L

## Part B – 32 Counts

### Diagonal Step Together, Body Roll, Diagonal Step Together, Butt Roll

1&2           Step R diagonally L, Step L beside R, Bend Knees (facing 2 o'clock)  
3-4           Body Roll up (reverse roll from knee to chest)  
5&6           Step L diagonally R, Step R beside L, Bend Knees (facing 10 o'clock)  
7-8           Back ward butt roll

### Pivot ½ turn L, Full Turn L, Out Out, Hip rollx2

1-2           Step R forward, pivot ½ turn L  
3-4           Step ½ L stepping back on R, Step ½ L stepping forward on L  
5-6           Step R out, Step L out  
7-8           Hip roll x2 (counter clock-wise)

### Botafogo, ½ turn paddle

1&2           Cross R over L, Step L to L, Recover R  
3&4           Cross L over R, Step R to R, Recover L  
5-6           Step R fwd, ¼ turn L (with hip roll L to R)  
7-8           Step R fwd, ¼ turn L (with hip roll L to R)

### Step, Together, Side cha-cha, Out, Out, Hip Roll

1-2           Step R to R, Step L beside R

3&4 Step R to R, Step L beside R, Step R to R  
5-6 Step L out, Step R out  
7-8 Hip rollx2 (counter clock-wise)

**Ending: You'll end facing 6:00. Turn your upper body to the front and POSE!!**  
**\*\* Dance With Passion\*\***

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