

Hula Hoop

拍数: 64 墙数: 2 级数: Phrased Improver
编舞者: Rebecca Lee (MY) - September 2013
音乐: 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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