

# Like A Hula Hula Hoop

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Phrased Easy Intermediate  
編舞者: Wil Bos (NL) & Dwight Meessen (NL) - September 2015  
音樂: Hula Hoop - Omi : (Single)



Intro: 32 counts - Sequence: AA, BB, A16, AA, BB, A, Tag, B, A, Ending

## PART A – 32 counts

### A1: Rock Side Recover, Close, Rock Side Recover, Close, Rock Fwd Recover, Shuffle ½ Turn R

1-2            RF rock side, LF recover  
&3-4          RF together, LF rock side, RF recover  
&5-6          LF together, RF rock forward, LF recover  
7&8          RF ¼ right step side, LF step beside, RF ¼ right step forward [6]

### A2: Cross, ¼ Turn L Back, Coaster, Fwd, Hold, Ball, Walk x2

1-2            LF cross over, RF ¼ left step back  
3&4          LF step back, RF together, LF step forward  
5-6            RF step forward, hold  
&7-8          LF together, RF step forward, LF step forward [3]

### A3: Rock Fwd Recover, Triple Full Turn R, Side Point x2

1-2            RF rock forward, LF recover  
3&4          RF ½ right step in place, LF step beside, RF ½ right step in place  
5-8            LF step side, RF point side, RF step side, LF point side [3]

### A4: Diag. Rock Back Recover, Shuffle Fwd, Pivot ½ Turn L, Rock Fwd Straightening Up Recover

1-2            LF ⅛ left rock back, RF recover  
3&4          LF step forward, RF step beside, LF step forward  
5-6            RF step forward, R+L ½ turn left  
7-8            RF rock forward, LF ⅛ right recover [9]

## PART B – 32 counts

### B1: Rolling Vine, Point Clap (x2)

1-4            RF ¼ right step forward, LF ½ right step back, RF ¼ right step side, LF point side and clap  
5-8            LF ¼ left step forward, RF ½ left step back, LF ¼ left step side, RF point side and clap

### B2: Hip Bumps, Hip Rolls

1-4            RF step side and bump hips right, hips right, hips left, hips left  
5-8            roll hips cw in 2 counts, roll hips cw in 2 counts

### B3: Pivot ½ Turn L x2, Rocking Chair

1-4            RF step forward, R+L ½ turn left, RF step forward, R+L ½ turn left  
5-8            RF rock forward, LF recover, RF rock back, LF recover

### B4: Hip Bumps, Hip Rolls

1-4            RF step side and bump hips right, hips right, hips left, hips left  
5-8            roll hips cw in 2 counts, roll hips cw in 2 counts

### TAG: Side Rock Recover, Back Rock Recover

1-4            RF rock side, LF recover, RF rock back, LF recover

### Ending: End after the last part A with:

1-3            RF rock forward, LF recover, RF ½ right step forward [12]

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