

# Hula Hoop

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**Count:** 96

**Wall:** 2

**Level:** Phrased High Beginner

**Choreographer:** Mike Liadouze (Oct 2015)

**Music:** Omi - Hula Hoop (122 BPM)

**Introduction: 40 counts - Level: High Beginner**

**Sequence: AA BB A restart AA BB C tag B C**

**PART A : VERSE**

**A[1-8] DIAGONAL WEAVE, KICK, DIAGONAL WEAVE, KICK**

**1-2-3-4** Step RF diagonally forward, Cross LF over RF, Step RF diagonally forward, Kick LF diagonally forward (10:30)

**5-6-7-8** Step LF diagonally forward, Cross RF over LF, Step LF diagonally forward, Kick RF diagonally forward (1:30)

**A[9-16] STEP TOUCH x2, BACK ROCK, STEP 1/2 TURN L**

**1-2-3-4** Step RF side, Touch L toe together, Step LF side, Touch R toe together (12:00)

**5-6-7-8** Rock step RF back, Recover on LF forward, Step RF forward, ..1/2 turn L.. Step LF forward (6:00)

**\*RESTART here on 5th wall (6:00)**

**A[17-24] (ROLLING) VINE, TOUCH, (ROLLING) VINE, TOUCH**

**1-2-3-4** Vine or rolling vine (RLR), Touch L toe together

**5-6-7-8** Vine or rolling vine (LRL), Touch R toe together

**A[25-32] STEP TOUCH x2, ROCKING CHAIR**

**1-2-3-4** Step RF side, Touch L toe together, Step LF side, Touch R toe together

**5-6-7-8** Rock step RF forward, Recover on LF back, Rock step RF back, Recover on LF forward

**PART B : CHORUS**

**A[1-8] DIAGONAL WEAVE, KICK, DIAGONAL WEAVE, KICK**

**B[9-16] HIP ROLL x2, KICK, HIP ROLL x2, KICK, STEP 1/2 TURN L**

**1-2-3** Two hip rolls counterclockwise ↺, step RF side with kick LF side & point R hand up (12:00)

**4-5-6** Two hip rolls counterclockwise ↺, step LF side with kick RF side & point L hand up

**7-8** Step RF forward, ..1/2 turn L.. Step LF forward (6:00)

**A[17-24] (ROLLING) VINE, TOUCH, (ROLLING) VINE, TOUCH**

**B[25-32] HIP ROLL x2, KICK, HIP ROLL x2, KICK, STOMP, CLAP**

**1-2-3** Two hip rolls counterclockwise ↺, step RF side with kick LF side & point R hand up

**4-5-6** Two hip rolls counterclockwise ↺, step LF side with kick RF side & point L hand up

**7-8** Stomp RF up together, clap hands together

**PART C : FIRST HALF OF PART A (1-16) & SECOND HALF OF PART B (17-32)**

**\*\*TAG after 10th wall : HOLD (4 counts) (12:00)**

**\*\*\*CONTRA for even more FUN try face to face !!**

**Original stepsheet : Mike Liadouze (Last update : 03/10/2015)**

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