

Hula Hoop

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Count: 32 **Wall:** 2 **Level:** Novice

Choreographer: Rémi Lemaire (France) March 2016

Music: Hula Hoop - Omi

Note : Restart on 5th and 11th Walls

[1-8] MAMBO FWD - MAMBO BACK - STEP FWD TWICE - TRIPLE STEP

- 1&2 Mambo R forward
- 3&4 Mambo L back
- 5-6 Step forward on R and L
- 7&8 Triple Step R forward

[9-16] STEP ¼ TURN - CROSS TRIPLE - SIDE BEHIND SIDE CROSS

- 1-2 Step forward on L make ¼ turn on R
- 3&4 Cross Triple Step L to the R
- 5-6 Step R to R side, Cross L behind R
- 7-8 Step R to R side, Cross L over R

[17-24] SIDE ROCK - ROCK BACK - STEP ¼ TURN - TRIPLE FWD

- 1-2 Rock Step R to R side
- 3-4 Rock Step R back
- 5-6 Step R to R side, make ¼ turn to L
- 7&8 Triple Step R forward

[25-32] STEP HIP ROLL ¼ TURN TWICE - JAZZ BOX

- 1-2 Step L forward, make ¼ turn to R with hip roll
- 3-4 Step L forward, make ¼ turn to R with hip roll
- 5-8 Jazz Box L, finish with touch R next to L

RESTARTS :-

On 5th wall, dance the first 16 count, and modify the 7-8 count of 2nd section by :

- 7-8 Step R forward on ¼ turn to R, Step Forward on L

On 11th wall, dance the first 4 count and restart the dance.

Have fun

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