

# Hook Me Up

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**Count:** 32                      **Wall:** 1                      **Level:** Beginner

**Choreographer:** John Robinson - July 2011

**Music:** "Dance Dance Dance" by Wilson Phillips

**RECOMMENDED MUSIC: "Dance Dance Dance" by Wilson Phillips (Album: California or Princess Diaries 2 Soundtrack) (16-count intro).**

**PRACTICE MUSIC: "Jump On The Rhythm And Ride (Dance)" by Kool & The Gang (Album: Unite) (32-count intro); "Veo Veo" by Hot Banditoz (Album: Bodyshaker) (32-count intro); this song requires a 2-beat hold (it's fun to shimmy in place of the hold) to stay on phrase after 2nd and 7th repetitions—I use this to teach beginners how to hear phrasing properly.**

## **HEEL HOOK COMBINATION (R THEN L)**

- 1,2            Tap R heel forward (1), Hook R across L shin (2)
- 3,4            Tap R heel forward (3), Step R next to L (4)
- 5,6            Tap L heel forward (5), Hook L across R shin (6)
- 7,8            Tap L heel forward (7), Step L next to R (8)

## **TOE FANS (R THEN L)**

- 1,2            Turn R toe out (1), Return home (2)
- 3,4            Turn R toe out (3), Return home shifting weight to R (4)
- 5,6            Turn L toe out (5), Return home (6)
- 7,8            Turn L toe out (7), Return home shifting weight to L (8)

## **ANGLED STEP-TOUCHES (WITH CLAPS) TRAVELING BACK**

- 1,2            Step R back diagonally right (1), Touch L next to R/clap (2)
- 3,4            Step L back diagonally left (3), Touch R next to L/clap (4)
- 5,6            Step R back diagonally right (5), Touch L next to R/clap (6)
- 7,8            Step L back diagonally left (7), Touch R next to L/clap (8)

## **STEP FORWARD, CLOSE, STEP FORWARD, TOUCH (R THEN L)**

**Styling: Add "shoop shoop" arms to these counts to increase the fun!**

**1,2** Step R forward (1), Step L next to R (2)

**(option: do a “lock” step on count 2)**

**3,4** Step R forward (3), Touch L next to R (4)

**5,6** Step L forward (5), Step R next to L (6)

**(option: do a “lock” step on count 6)**

**7,8** Step L forward (7), Touch R next to L (8)

**(To make this a 4-wall dance, turn 1/4 left on count 7. I always teach this as a 4-wall dance but it can be done as a 1-wall for true beginners.)**

**START AGAIN AND ENJOY!**

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