

Hula Hoop

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Count: 32

Wall: 4

Level: Newcomer

Choreographer: Amélie Jammart - Sept 2015

Music: Hula Hoop by Omi

OUT, OUT, IN, IN, SIDE, TOUCH, SIDE, TOUCH.

1RF Step out

2LF Step out

3RF Step in

4LF Step in

5RF Step side to R

6LF Touch next to RF

7LF Step side to L

8RF Touch next to LF

VINE, TOUCH, VINE $\frac{1}{4}$, TOUCH.

9RF Step side to R

10LF Cross behind RF

11RF Step side to R

12LF Touch next to RF

13LF Step side to L

14RF Cross behind LF

15LF Step $\frac{1}{4}$ to L

16RF Touch next to LF

OUT, SHOULDER SHIMMIES, HAND LEFT TO SHOULDER RIGHT, HAND RIGHT TO SHOULDER LEFT, CHEST PRESS X2.

1RF Step out

2-3-4 Shimmying your shoulders

5-6 Hand left to shoulder right, hand right to shoulder left

7-8 Swing chest forward, swinging shoulders toward the back X2

TOE STRUT FORWARD, TOE STRUT FORWARD, SKATE X4.

1RF Step forward on left toes

2RF Step down on left heel

3LF Step forward on right toes

4RF Step on right heel

5-6-7-8 Skate X4

Restarts:-

Wall 5 after 16 counts Restart dance

Wall 11 after 4 counts Restart dance

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