

# ExHale (aka Shoop Shoop)

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**Count:** 64      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Francien Sittrop (03-2012)

**Music:** Exhale (Shoop Shoop). Album: The Ultimate Collection

**Intro: No intro Start when the music starts**

**[1 - 8] Side , Rock Recover , Side, Sailor  $\frac{1}{4}$  R , Sync. Lock Steps fwd**

- 1-2&** Step R to R side, Rock L back, Recover on R
- 3** Step L to L side
- 4 &** Sweep R to the back with  $\frac{1}{4}$  Turn R , Step L next to R, (03.00)
- 5** Step R fwd
- 6 &** Lock L behind R, Step R fwd
- 7&8&** Step L fwd, Lock R behind L, Step L fwd , Step R fwd

**[9-16] Fwd, Rock Recover ,  $\frac{1}{2}$  R , 1  $\frac{1}{4}$  Turn R , Rock Recover , Kick Ball Cross , Side**

- 1** Step L fwd
- 2 & 3** Rock R fwd, Recover on L,  $\frac{1}{2}$  Turn R step R fwd (09.00)
- 4 & 5 $\frac{1}{2}$  Turn R step L back,  $\frac{1}{2}$  Turn R step R fwd,  $\frac{1}{4}$  turn R step L to L side (12.00)**
- 6&** Rock R back , Recover on L
- 7&8&** Kick R fwd, Step R down. Step L across R, Step R to R side

**[17-24] Rock Recover ,  $\frac{1}{2}$  Turn R , Lock Step fwd, Mambo Step Back, Coaster Step**

- 1** Rock L back facing  $\frac{1}{4}$  Turn L ( facing 7.30)
- 2 & 3** Recover on R(facing back to 12.00),  $\frac{1}{4}$  Turn R step L back,  $\frac{1}{4}$  Turn R step R to R side (06.00)
- 4 & 5** Step L fwd, Lock R behind L, Step L fwd
- 6 & 7** Rock R fwd, Recover on L, Step R big Step Back and drag L
- 8 &** Step L back, Step R next to L

**[25-32] Cross Rock Recover ,  $\frac{1}{4}$  L Cross Rock Recover , Cross , Full Turn R**

- 1** Cross Rock L over R
- 2 & 3** Recover on R,  $\frac{1}{4}$  L Step L fwd, Step R across L (03.00)

**4 & 5** Recover on L, Step R next to L, Step L across R

**6-7-8** Make a full Turn R in 3 counts (Weight ends on L ) **\*\*R\*\*Wall 3**

**When you make the Full Turn (6-8) you can bounce your heels softly on the beat of the music**

**[33-40] Side with Hip sways, Lockstep fwd , Hip sways,  $\frac{1}{4}$  R Side Together**

**1 - 3** Step R to R side and Sway hips R,L,R

**4 & 5** Step L fwd, Step R next to L , Step L fwd and sway Hips fwd

**6 - 7** Sway Hips R, L

**8 &  $\frac{1}{4}$  Turn R step R to R side, Step L next to R**

**You can use your arms if you want**

**[41-64] Repeat counts 33-40 3 times more**

**Restart : During Wall 3 after count 32 start again with count 1**