

# Hula Hoop

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**Count:** 64

**Wall:** 2

**Level:** Phrased Beginner / Intermediate

**Choreographer:** Rebecca Lee (Sept 2013)

**Music:** Hula Hoop by Stella Mwangi ft Mohombi

**Intro : 16 counts - Sequence : AA, BB, AA, BB, A-16counts A, BBB**

## **Part A- 32 Counts**

**Walk Forward, Press, ½ turn R sweep, Behind side cross, Side rock cross**

- 1-2** Step R forward, Step L forward
- 3-4** Press R forward , ½ turn R with R sweep
- 5&6** Step R behind L, Step L to side, Step R over L
- 7&8** Rock L to side, recover R, Step L over R

## **Scissor Cross, Rock Step, Touch ½ turn L**

- 1&2** Step R diagonally back, Step L beside R, Step R over L
- 3&4** Step L diagonally back, Step R beside L, Step L over R
- 5&6** Rock R forward, recover L, Step R back
- 7&8** Touch L back, ½ turn L, weight on L

## **Rocking Chair X2, Slide, Rocking x2, Slide**

- 1&2&** Rock R over L, recover L, Rock R to side, recover L
- 3&4** Rock R over L, recover L, Slide R to side
- 5&6&** Rock L over R, recover R, Rock L to side, recover R
- 7&8** Rock L over R, recover R, Slide L to side

## **Hip Bump, Sailor Step, Unwind ½ turn L**

- 1-2** Step R forward hip bump R forward, back
- 3-4** Step L forward hip bump L forward, back
- 5&6** Step R behind L, Step L to Side, Step R to side
- 7-8** Step L behind R, Unwind ½ turn L

## **Part B - 32 Counts**

### **Diagonal Step Together, Body Roll, Diagonal Step Together, Butt Roll**

- 1&2** Step R diagonally L, Step L beside R, Bend Knees (facing 2 o'clock)  
**3-4** Body Roll up (reverse roll from knee to chest)  
**5&6** Step L diagonally R, Step R beside L, Bend Knees (facing 10 o'clock)  
**7-8** Back ward butt roll

### **Pivot ½ turn L, Full Turn L, Out Out, Hip rollx2**

- 1-2** Step R forward, pivot ½ turn L  
**3-4** Step ½ L stepping back on R, Step ½ L stepping forward on L  
**5-6** Step R out, Step L out  
**7-8** Hip roll x2 (counter clock-wise)

### **Botafogo, ½ turn paddle**

- 1&2** Cross R over L, Step L to L, Recover R  
**3&4** Cross L over R, Step R to R, Recover L  
**5-6** Step R fwd, ¼ turn L (with hip roll L to R)  
**7-8** Step R fwd, ¼ turn L (with hip roll L to R)

### **Step, Together, Side cha-cha, Out, Out, Hip Roll**

- 1-2** Step R to R, Step L beside R  
**3&4** Step R to R, Step L beside R, Step R to R  
**5-6** Step L out, Step R out  
**7-8** Hip rollx2 (counter clock-wise)

**Ending: You'll end facing 6:00. Turn your upper body to the front and POSE!!**

**\*\* Dance With Passion\*\***

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