

Hula Hoop

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Francien Sittrop (Mei 2012)

Music: Hula Hoop (US Radio Edit) – Willy William feat Lylloo (3.00 min)

Intro: Start after 32 counts

[1 - 8] Rock Recover, Coaster Step , Step fwd, 1 ¼ Turn R

1 - 2 Rock R fwd, Recover on L

3 & 4 Step R back, Step L next to R, Step R fwd

5 - 6 Step L fwd , Pivot ½ Turn R

7 - 8½ Turn R step L back , ¼ Turn R step R to R side (03.00)

[9-16] Knee Pops x2, Rock Recover , Coaster Step

1 & 2 Step L fwd, Both Heels Up , Both Heels Down

3 & 4 Step R fwd, Both Heels Up , Both Heels Down

5 - 6 Rock L fwd, Recover on R

7 & 8 Step L back, Step R next to L , Step L fwd

[17-24] 2 x ¼ L with Hip Bumps. Rock Recover , Triple Full turn R

1 - 2 Step R fwd , ¼ Turn L recover on L

3 - 4 Step R fwd , ¼ Turn L recover on L (09.00)

5 - 6 Rock R fwd, Recover on L

7 & 8 Triple Full Turn R with R,L,R

[25-32] Side Rock Recover, Behind Side Fwd, 2x ½ Turn L with Toe Struts with Hip Bumps

1 - 2 Rock L to L side, Recover on R

3 & 4 Step L behind R, Step R to R side, Step L fwd

5 - 6½ Turn L with R Toe strut and Hip bumps

7 - 8½ Turn L with L Toe strut and Hip bumps (09.00)

Start Again

Ending: Dance end at the 3,00 wall with the last toestrut. Make a $\frac{1}{4}$ Turn L and step with R to R side to face the front wall

Contact - Website: www.franciensittrop.nl

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=87746