

# Hula Hoop

Count: 64

Wall: 2

Level: Phrased Beginner / Intermediate

Choreographer: Rebecca Lee (MY) - September 2013

Music: Hula Hoop (feat. Mohombi) - Stella Mwangi

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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