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Lovely Hula Hands

32 count, 4 wall, beginner level

Choreographer: Irene Groundwater (Can) Jan 2005

Choreographed to: Lovely Hula Hands by Don Ho
from Hawaiian Favorites (101bpm)

Intro/Count In:16

1-8 DIAG. FWD, TOG, DIAG FWD, BRUSH, DIAG FWD, TOG, DIAG FWD, BRUSH

1-2 Right diag forward, Step Left beside Right

3-4 Right diag forward, Brush Left Ball forward beside Right instep

5-6 Left diag forward, Step Right beside Left

7-8 Left diag forward, Touch Right Ball beside Left instep

(Option - On counts 1 - Stretch hands forward palms down towards the right, right hand leading, body turned slightly left for counts 1 to 4)

(Option - On counts 2 - Close hands still forward, 3 - Open hands palm down, 4 - Close hands)

(Option - On counts 5 to 8 - Use same hand motions with Left hand leading, body turned slightly right for counts 5 to 8))

9-16 BACK, BACK, BACK, TOUCH, BACK, BACK, BACK, TOUCH

1-2 Right back, Left back,

3-4 Right back, Touch Left Ball beside Right instep

5-6 Left back, Right back

7-8 Left back, Touch Right Ball beside Left instep

(Options - On count 1 - Hands go straight forward palms together)

(Option - On counts 2 to 4 - Move hands out in circular motion palms down then back to beside body)

(Option - On counts 5 to 8 - Repeat hand movements for count 1 to 4)

17-24 SIDE, TOG, SIDE, TOUCH, ¼ TURN LEFT, TOG, FWD, TOUCH

1-2 Side step Right, Step Left beside Right

3-4 Side step Right, Touch Left Ball beside Right instep

5-6 Pivot ¼ turn left on Right Ball as you step forward on Left, Step Right beside Left

7-8 Left forward, Touch Right Ball beside Left instep

(Option - On count 1 - Stretch hands to the right palms down, count 2 to 4 - With arms in same position - close, open, and close hands)

(Option - On counts 5 - Stretch hands forward palms down towards the left, left hand leading, body turned slightly right)

(Option - On counts 6 - Close hands still forward, 7 - Open hands palm down, 8 - Close hands)

25-32 SIDE, TOG, SIDE, TOUCH, SIDE, TOG, SIDE, TOUCH

1-3 Side step Right, Step Left beside Right

3-5 Side step Right, Touch Left Ball beside Right instep

5-7 Side step Left, Step Right beside Left

7-9 Side step Left, Touch Right Ball beside Left instep

(Option - On count 1 - Stretch hands to the right palms down, count 2 to 4 - With arms in same position - close, open, and close hands)

(Option - On counts 5 to 8 - Repeat above hand movements in opposite direction)