

**Hula Hoop****IMPROVER**

32 Count 4 Walls

Choreographed by: Francien Sittrop

Choreographed to: Hula Hoop (US  
Radio Edit) by Willy William ft Lyllou

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- 1 - 8      Rock Recover, Coaster Step , Step fwd, 1 1/4 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 1/2 Turn R  
7 - 8      Â½ Turn R step L back , Â¼ Turn R step R to R side (3:00)
- 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 1/4 L with Hip Bumps. Rock Recover , Triple Full turn R**  
1 - 2      Step R fwd , 1/4 Turn L recover on L  
3 - 4      Step R fwd , 1/4 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 1/2 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 - 6      1/2 Turn L with R Toe strut and Hip bumps  
7 - 8      1/2 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 1/4 Turn L and step with R to R side to face the front wall**