

## Hula Hoop

32 Count, 4 Wall, Beginner  
Choreographer: Amélie Jammart (FR) Sept 2015  
Choreographed to: Hula Hoop by Omi

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### **OUT, OUT, IN, IN, SIDE, TOUCH, SIDE, TOUCH.**

- 1 RF Step out
- 2 LF Step out
- 3 RF Step in
- 4 LF Step in
- 5 RF Step side to R
- 6 LF Touch next to RF
- 7 LF Step side to L
- 8 RF Touch next to LF

### **VINE, TOUCH, VINE ¼, TOUCH.**

- 9 RF Step side to R
- 10 LF Cross behind RF
- 11 RF Step side to R
- 12 LF Touch next to RF
- 13 LF Step side to L
- 14 RF Cross behind LF
- 15 LF Step ¼ to L
- 16 RF Touch next to LF

### **OUT, SHOULDER SHIMMIES, LEFT HAND TO RIGHT SHOULDER, RIGHT HAND TO LEFT SHOULDER, CHEST PRESS X2.**

- 1 RF Step out
- 2-3-4 Shimmying your shoulders
- 5-6 Left hand to right shoulder, right hand to left shoulder
- 7-8 Swing chest forward, swinging shoulders toward the back X2

### **TOE STRUT FORWARD, TOE STRUT FORWARD, SKATE X4.**

- 1 RF Step forward on left toes
- 2 RF Step down on left heel
- 3 LF Step forward on right toes
- 4 RF Step on right heel
- 5-6-7-8 Skate X4

#### **Restarts:**

- Wall 5 after 16 counts restart dance
- Wall 11 after 4 counts restart dance