



Web site: [www.linedancerweb.com](http://www.linedancerweb.com)

E-mail: [admin@linedancerweb.com](mailto:admin@linedancerweb.com)

## Hula Hoop

96 Count, 2 Wall, Improver (Phrased)  
Choreographer: Mike Liadouze (FR) Oct 2015  
Choreographed to: Hula Hoop by OMI (122BPM)

**Introduction: 40 counts**

**Sequence: AA BB A restart AA BB C tag B C**

### PART A: VERSE

**A[1-8] DIAGONAL WEAVE, KICK, DIAGONAL WEAVE, KICK**

1-2-3-4 Step RF diagonally forward, Cross LF over RF, Step RF diagonally forward, Kick LF diagonally forward (10:30)

5-6-7-8 Step LF diagonally forward, Cross RF over LF, Step LF diagonally forward, Kick RF diagonally forward (1:30)

**A[9-16] STEP TOUCH x2, BACK ROCK, STEP 1/2 TURN L**

1-2-3-4 Step RF side, Touch L toe together, Step LF side, Touch R toe together (12:00)

5-6-7-8 Rock step RF back, Recover on LF forward, Step RF forward, ..1/2 turn L.. Step LF forward (6:00)

**\*RESTART here on 5th wall (6:00)**

**A[17-24] (ROLLING) VINE, TOUCH, (ROLLING) VINE, TOUCH**

1-2-3-4 Vine or rolling vine (RLR), Touch L toe together

5-6-7-8 Vine or rolling vine (LRL), Touch R toe together

**A[25-32] STEP TOUCH x2, ROCKING CHAIR**

1-2-3-4 Step RF side, Touch L toe together, Step LF side, Touch R toe together

5-6-7-8 Rock step RF forward, Recover on LF back, Rock step RF back, Recover on LF forward

### PART B : CHORUS

**A[1-8] DIAGONAL WEAVE, KICK, DIAGONAL WEAVE, KICK**

**B[9-16] HIP ROLL x2, KICK, HIP ROLL x2, KICK, STEP 1/2 TURN L**

1-2-3 Two hip rolls counterclockwise ∪, step RF side with kick LF side & point R hand up (12:00)

4-5-6 Two hip rolls counterclockwise ∪, step LF side with kick RF side & point L hand up

7-8 Step RF forward, ..1/2 turn L.. Step LF forward (6:00)

**A[17-24] (ROLLING) VINE, TOUCH, (ROLLING) VINE, TOUCH**

**B[25-32] HIP ROLL x2, KICK, HIP ROLL x2, KICK, STOMP, CLAP**

1-2-3 Two hip rolls counterclockwise ∪, step RF side with kick LF side & point R hand up

4-5-6 Two hip rolls counterclockwise ∪, step LF side with kick RF side & point L hand up

7-8 Stomp RF up together, clap hands together

### PART C : FIRST HALF OF PART A (1-16) & SECOND HALF OF PART B (17-32)

**\*\*TAG after 10th wall : HOLD (4 counts) (12:00)**

**\*\*\*CONTRA for even more FUN try face to face!!**