

Web site: www.linedancermagazine.com

E-mail: <u>admin@linedancermagazine.com</u>

ExHale (aka Shoop Shoop)

64 Count, 4 Wall, Improver Choreographer: Francien Sittrop (NL) Feb 2012 Choreographed to: Exhale (Shoop Shoop). By Whitney Houston, Album: The Ultimate Collection

Intro: No intro Start when the music starts

1 – 8 Side, Rock Recover, Side, Sailor ¹/₄ R, Sync. Lock Steps fwd

- 1-2& Step R to R side, Rock L back, Recover on R
- 3 Step L to L side
- 4 & Sweep R to the back with ¹/₄ Turn R, Step L next to R, (03.00)
- 5 Step R fwd
- 6 & Lock L behind R, Step R fwd
- 7&8& Step L fwd, Lock R behind L, Step L fwd, Step R fwd

9-16 Fwd, Rock Recover, ½ R, 1 ¼ Turn R, Rock Recover, Kick Ball Cross, Side 1 Step L fwd

- 2 & 3 Rock R fwd, Recover on L, ¹/₂ Turn R step R fwd (09.00)
- 4 & 5 1/2 Turn R step L back, 1/2 Turn R step R fwd, 1/4 turn R step L to L side (12.00)
- 6& Rock R back, Recover on L
- 7&8& Kick R fwd, Step R down. Step L across R, Step R to R side

17-24 Rock Recover, ¹/₂ Turn R, Lock Step fwd, Mambo Step Back, Coaster Step

- 1 Rock L back facing ¼ Turn L (facing 7.30)
- 2 & 3 Recover on R(facing back to 12.00), ¼ Turn R step L back, ¼ Turn R step R to R side (06.00)
- 4 & 5 Step L fwd, Lock R behind L, Step L fwd
- 6 & 7 Rock R fwd, Recover on L, Step R big Step Back and drag L
- 8 & Step L back, Step R next to L

25-32 Cross Rock Recover, ¹/₄ L Cross Rock Recover, Cross, Full Turn R

- 1 Cross Rock L over R
- 2 & 3 Recover on R, ¼ L Step L fwd, Step R across L (03.00)
- 4 & 5 Recover on L, Step R next to L, Step L across R
- 6-7-8 Make a full Turn R in 3 counts (Weight ends on L)
- When you make the Full Turn (6-8) you can bounce your heels softly on the beat of the music **R**Wall 3

33-40 Side with Hip sways, Lockstep fwd, Hip sways, ¼ R Side Together

- 1-3 Step R to R side and Sway hips R,L,R
- 4 & 5 Step L fwd, Step R next to L, Step L fwd and sway Hips fwd
- 6-7 Sway Hips R, L
- 8 & ¼ Turn R step R to R side, Step L next to R
- You can use your arms if you want
- 41-64 Repeat counts 33-40 3 times more

Restart : During Wall 3 after count 32 start again with count 1

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678