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Hula Hoop

32 Count, 2 Wall, Absolute Beginner
Choreographer: Rémi Lemaire (FR) Mar 2016
Choreographed to: Hula Hoop by Omi

Note: Restart on 5th and 11th Walls

Section 1 Mambo Fwd – Mambo Back - Step Fwd Twice – Triple Step

1&2 Mambo R forward
3&4 Mambo L back
5-6 Step forward on R and L
7&8 Triple Step R forward

Section 2 Step ¼ Turn – Cross Triple – Side Behind Side Cross

1-2 Step forward on L make ¼ turn on R
3&4 Cross Triple Step L to the R
5-6 Step R to R side, Cross L behind R
7-8 Step R to R side, Cross L over R

Section 3 Side Rock – Rock Back – Step ¼ Turn – Triple Fwd

1-2 Rock Step R to R side
3-4 Rock Step R back
5-6 Step R to R side, make ¼ turn to L
7&8 Triple Step R forward

Section 4 Step Hip Roll ¼ Turn Twice – Jazz Box

1-2 Step L forward, make ¼ turn to R with hip roll
3-4 Step L forward, make ¼ turn to R with hip roll
5-8 Jazz Box L, finish with touch R next to L

RESTARTS: On 5th wall, dance the first 16 count, and modify the 7-8 count of 2nd section by :
7-8 Step R forward on ¼ turn to R, Step Forward on L

On 11th wall, dance the first 4 count and restart the dance.

Have Fun