

# *“Jingle Bells” – Pivot Turns with Arms*

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**Props: 2 Jingle Bells per person, 1 hula hoop per person**

## **Intro:**

Wait: 4cts

4cts: Shake bells

8cts:

- 2ct – Jump out/arms to High “V”
- 2ct – Jump in/hands to knees
- 2cts – Shake Bells
- 2cts – Hands to Hips

**PART A (“Jingle Bells”): Begin standing with your hula hoop in front of you (make sure there is room to walk around it)**

- 8cts: 2 Step Vines with touch endings (hands at “T” on Vine/himps on touch)
- 8cts: 2 Slow Pivot Turns (arms go to high “V” on Step/hands to hips on pivot)
- 8cts: Jumps in/out hula hoop (2cts – into hoop, 2cts – in front of hoop, 2cts – into hoop, 2cts – back to where you started)
- 8cts: 6cts – skip around hoop, 2cts – step inside hoop

**PART B: Weight Changes in and out of hula hoop**

- 8ct: Side to Side Pattern
  - 2cts – right foot steps out of hoop, left foot touches next to right
  - 2cts – left foot steps into hoop, right foot steps together with left
  - 4cts – repeat above 4cts on left foot
- 8ct: Front & Back Pattern
  - 2cts – right foot steps in front of hoop, left foot touches next to right
  - 2cts – left foot steps back in to hoop, right foot touches next to left
  - 4cts – repeat above 4cts
- 8cts: Jumps in/out hula hoop (2cts – in front of hoop, 2cts – into hoop, 2cts – back out of hoop - to where you started, 1ct – shake bells, 1ct hands to hips)

**REPEAT PART A, B, A**

## **END:**

- 8ct: Side to Side Pattern
  - 2cts – right foot steps out of hoop, left foot touches next to right
  - 2cts – left foot steps into hoop, right foot steps together with left
- Jump forward out of hula hoop (2cts), Touch Ground (1ct), Jump up/pose and shake bells (1ct)