

“With Bells On” – Arm Positions

Artist: Dolly Parton/Kenny Rogers (TDP Cut)

Wait: 16cts (shake bells when beat comes in)m

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

- 8cts: 4 Heel Steps (with Jazz Hand “boxes” on each heel)
- 8cts: Jump into the hula hoop (2cts), in front of the hula hoop (2cts), back into the hula hoop (2cts), back out of the hula hoop to where you started (2cts)
- 8cts: Skip around your hula hoop
- 4cts: Jump to “X” position & Shake Bells
- 4cts: 3 Bounces touching knees (3cts), hands to hips (1ct)

B: CHORUS

- 8ct: Right arm to high “V” (1), Left arm to high “V” (2), Hold (3,4), Shake hands down (5,6,7), hands to hips (8)
- 8cts: Repeat above eight count, but this time to your “T” positions
- 4cts: Jump into the hula hoop (2cts), Jump back out of the hula hoop to where you started (2cts)
- 4cts: Shake arms/shimmy
- 8cts: Skip around your hula hoop

REPEAT PART A

REPEAT PART B

REPEAT PART A