

You Should Be Dancing

Wait: 8 cts (Dancers Begin Standing Inside Hula Hoops). Count at Half Speed

PART	COUNTS	FOOT	STEP	SPECIAL INSTRUCTIONS
A	4 cts	L	2 Double Steps	2 cts per Double Step
	4 cts	L	4 Double Steps	1 ct per Double Step
	4 cts	L	2 Double Steps	2 cts per Double Step
	4 cts	L	4 Double Steps	1 ct per Double Step
BREAK	8 cts	N/A	Step Forward to Get Out of Hula Hoop	Distance from Hula (far)
B	8 cts	L	2 Basics	4 cts per Basic
	8 cts	L	4 Basics	2 cts per Double Step
	8 cts	L	2 Basics	4 cts per Basic
	8 cts	L	4 Basics	2 cts per Double Step
BREAK	8 cts	N/A	Go Back to Stand Inside of Hula Hoop	

Repeat Above Sequence

Get Ready to Hula!