

SOPHISTICATED HULA

Choreographed January 2005 by

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DESCRIPTION/DIFFICULTY: 4-Wall Line Dance, High Beginner/Low Intermediate

COUNTS/MOVEMENTS: 64 Easy Counts / 45 Movements

SUGGESTED MUSIC: Sophisticated Hula-Na Leo (CD: "Find Harmony"), 48-count intro (start with vocals).

Note: We're counting every beat in the song.

COUNT/CALL/DESCRIPTION

START WITH HANDS ON HIPS: TRIPLES FWD (R THEN L), CHASE TURN L, WIGGLE DOWN & UP

Styling: Place hands on hips for this first section.

1,2,3,4 R, L, R, hold R step fwd (1), L step fwd in 3rd position (2), R step fwd (3), hold (4)

5,6,7,8 L, R, L, hold L step fwd (5), R step fwd in 3rd position (6), L step fwd (7), hold (8)

1,2,3,4 Step, pivot, step, hold R step fwd (1), pivot 1/2 L (to 6:00) shifting weight to L (2), R step next to L (3), hold (4)

5,6,7,8 Down, down, up, up Bend knees & bumping hips R (5), bend knees a little more bumping hips L (6), straighten knees a bit bumping hips R (7), straighten knees completely bumping hips L (weight on L) (8)

SIDE TRIPLES WITH HULA HANDS, SLOW 1/4 PIVOT L, 1/2 PADDLE TURN

Styling: Do hula hands to the R on the first 4 counts, & to the L on the second 4 counts.

1,2,3,4 R, L, R, hold R step side R (1), L step next to R (2), R step side R (3), hold (4)

5,6,7,8 L, R, L, hold L step side L (5), R step next to L (6), L step side L (7), hold (8)

1,2,3,4 Step, hold, pivot, hold R step fwd (1), hold (2), pivot 1/4 L (to 3:00) shifting weight to L (3), hold (4)

Styling: Push hands up in the air over your head & slightly off to the R as you paddle.

5,6,7,8 Paddle a half Pivot 1/4 L (to 12:00) raising R slightly off floor (5), touch R side R (6), pivot 1/4 L (to 9:00) raising R slightly off floor (5), touch R side R (8)

CROSS, HOLD, SIDE, HOLD, CROSS, HOLD, SIDE, HOLD, CHARLESTON

Styling: Swing arms out to R side on the cross steps, swing arms across body to L on the side steps.

1,2,3,4 Cross, hold, side, hold R step across L (1), hold (2), L step side L (3), hold (4)

5,6,7,8 Cross, hold, side, hold R step across L (5), hold (6), L step side L (7), hold (8)

Note: Angle body diagonally L for the next 8 counts.

1,2,3,4 Fwd, hold, back, hold With body angled diagonally L (to 7:30), R sweep/touch fwd (1), hold (2),

R sweep back/step back (3), hold (4)

5,6,7,8 Back, hold, fwd, hold L sweep/touch back (5), hold (6), L sweep fwd/step fwd (7), hold (8)

CHASE TURN L, RUN FWD, SLOW JAZZ BOX SQUARING UP TO NEW WALL

Note: Maintain diagonal on first 8 counts.

1,2,3,4 Step, turn, step, hold R step fwd to L diagonal (1), 1/2 pivot L (to 1:30) shifting weight to L (2),

R step fwd to L diagonal (3), hold (4)

5,6,7,8 Run, run, run, hold Run fwd picking feet up high (like goose-stepping) L (5), R (6), L (7), hold (8)

1,2,3,4 Cross, hold, back, hold R step across L (1), hold (2), L step back turning 1/8 R (to 3:00)

squaring up to new wall (3), hold (4)

5,6,7,8 Side, hold, together, hold R step side R (5), hold (6), L step next to R placing hands on hips (7), hold (8)

START AGAIN & ENJOY!

FUN ENDING

At end of song, you'll be facing the 9:00 wall. Do the first 16 counts (first two sets of 8), then hula hands to R side (towards 12:00) as music finishes.