

HOOK ME UP

MUSIC: Dance by Kool & The Gang (CD: Unite) (32-count intro); Veo Veo by Hot Banditoz (CD: Bodyshaker) (32-count intro; this song requires a 2-beat hold to stay on phrase after 2nd and 7th repetitions—I use this to teach my beginners how to hear phrasing properly); Dance Dance Dance by Wilson Phillips (CD: California or Princess Diaries 2 Soundtrack) (16-count intro).

JOHN ROBINSON | www.mrshowcase.net

COUNTS 32

LEVEL BEG

CALL OR TEXT : 609-314-0115 > WRITE : mrshowcase@gmail.com

R HEEL HOOK COMBINATION, L HEEL HOOK COMBINATION

- 1,2 Heel, hook Tap R heel forward (1), Hook R across L shin (2)
- 3,4 Heel, home Tap R heel forward (3), Step R next to L (4)
- 5,6 Heel, hook Tap L heel forward (5), Hook L across R shin (6)
- 7,8 Heel, home Tap L heel forward (7), Step L next to R (8)

R TOE FANS, L TOE FANS

- 1,2 Right fan Turn R toe out (1), Return home (2)
- 3,4 Right fan Turn R toe out (3), Return home shifting weight to R (4)
- 5,6 Left fan Turn L toe out (5), Return home (6)
- 7,8 Left fan Turn L toe out (7), Return home shifting weight to L (8)

ANGLED STEP-TOUCHES (WITH CLAPS) TRAVELING BACK

- 1,2 Back right, clap Step R back diagonally right (1), Touch L next to R/clap (2)
- 3,4 Back left, clap Step L back diagonally left (3), Touch R next to L/clap (4)
- 5,6 Back right, clap Step R back diagonally right (5), Touch L next to R/clap (6)
- 7,8 Back left, clap Step L back diagonally left (7), Touch R next to L/clap (8)

R STEP FORWARD-CLOSE-STEP-TOUCH, L STEP FORWARD-CLOSE-STEP-TOUCH (TURNING 1/4 LEFT IF DESIRED)

Styling: Add “shoop shoop” arms to these counts to increase the fun!

- 1,2 Right, left Step R forward (1), Step L next to R (2) (*option: do a “lock” step on count 2*)
 - 3,4 Right, touch Step R forward (3), Touch L next to R (4)
 - 5,6 Left, right Step L forward (5), Step R next to L (6) (*option: do a “lock” step on count 6*)
 - 7,8 Left, touch Step L forward (7), Touch R next to L (8)
- (To make this a 4-wall dance, turn 1/4 left on count 7 as you step forward left.)