

# 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 FORWARD (RIGHT THEN LEFT),

CHASE TURN LEFT, WIGGLE DOWN & UP

*Styling: Place hands on hips for this first section.*

- |         |                                 |                                                                                                                                                                                                       |
|---------|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1,2,3,4 | <b>Right, left, right, hold</b> | R step forward (1), L step forward in 3rd position (2), R step forward (3), hold (4)                                                                                                                  |
| 5,6,7,8 | <b>Left, right, left, hold</b>  | L step forward (5), R step forward in 3rd position (6), L step forward (7), hold (8)                                                                                                                  |
| 1,2,3,4 | <b>Step, pivot, step, hold</b>  | R step forward (1), pivot 1/2 left (to 6:00) shifting weight to L (2), R step next to left (3), hold (4)                                                                                              |
| 5,6,7,8 | <b>Down, down, up, up</b>       | Bend knees and bumping hips right (5), bend knees a little more bumping hips left (6), straighten knees a bit bumping hips right (7), straighten knees completely bumping hips left (weight on L) (8) |

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

*Styling: Do hula hands to the right on the first 4 counts, and to the left on the second 4 counts.*

- |         |                                 |                                                                                           |
|---------|---------------------------------|-------------------------------------------------------------------------------------------|
| 1,2,3,4 | <b>Right, left, right, hold</b> | R step side right (1), L step next to R (2), R step side right (3), hold (4)              |
| 5,6,7,8 | <b>Left, right, left, hold</b>  | L step side left (5), R step next to L (6), L step side left (7), hold (8)                |
| 1,2,3,4 | <b>Step, hold, pivot, hold</b>  | R step forward (1), hold (2), pivot 1/4 left (to 3:00) shifting weight to L (3), hold (4) |
- Styling: Push hands up in the air over your head and slightly off to the right as you paddle.*
- |         |                      |                                                                                                                                                                 |
|---------|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5,6,7,8 | <b>Paddle a half</b> | Pivot 1/4 L (to 12:00) raising R slightly off floor (5), touch R side right (6), pivot 1/4 L (to 9:00) raising R slightly off floor (5), touch R side right (8) |
|---------|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|

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

*Styling: Swing arms out to right side on the cross steps, swing arms across body to left on the side steps.*

- |         |                                |                                                               |
|---------|--------------------------------|---------------------------------------------------------------|
| 1,2,3,4 | <b>Cross, hold, side, hold</b> | R step across L (1), hold (2), L step side left (3), hold (4) |
| 5,6,7,8 | <b>Cross, hold, side, hold</b> | R step across L (5), hold (6), L step side left (7), hold (8) |
- Note: Angle body diagonally left for the next 8 counts.*
- |         |                                  |                                                                                                                       |
|---------|----------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 1,2,3,4 | <b>Forward, hold, back, hold</b> | With body angled diagonally left (to 7:30), R sweep/touch forward (1), hold (2), R sweep back/step back (3), hold (4) |
| 5,6,7,8 | <b>Back, hold, forward, hold</b> | L sweep/touch back (5), hold (6), L sweep forward/step forward (7), hold (8)                                          |

CHASE TURN LEFT, RUN FORWARD, SLOW JAZZ BOX SQUARING UP TO NEW WALL

*Note: Maintain diagonal on first 8 counts.*

- |         |                                   |                                                                                                                                       |
|---------|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| 1,2,3,4 | <b>Step, turn, step, hold</b>     | R step forward to left diagonal (1), 1/2 pivot left (to 1:30) shifting weight to L (2), R step forward to left diagonal (3), hold (4) |
| 5,6,7,8 | <b>Run, run, run, hold</b>        | Run forward picking feet up high (like goose-stepping) L (5), R (6), L (7), hold (8)                                                  |
| 1,2,3,4 | <b>Cross, hold, back, hold</b>    | 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 | <b>Side, hold, together, hold</b> | R step side right (5), hold (6), L step next to R placing hands on hips (7), hold (8)                                                 |

**START AGAIN AND 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 right side (towards 12:00) as music finishes.