

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).

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

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|-----|------------------|--|
| 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

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|-----|-------------------------|--|
| 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!

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|-----|---------------------|---|
| 1,2 | Right, left | Step R forward (1), Step L next to R (2) (<i>option: do a “lock” step on count 2</i>) |
| 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) (<i>option: do a “lock” step on count 6</i>) |
| 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.)