

LULA, ROCK-A-HULA

CHOREO.: Susan Healea
ADDRESS: 2803 Louisiana St., Longview, WA 98632
MUSIC: "Lula, Rock-A-Hula" by Teresa Brewer
ALBUM: "50's, Rock 'N Roll Hawaiian Style"
DOWNLOAD: Available at several Internet download sites
FOOTWORK: Opposite, dir to man, unless noted in parentheses and italics
REL. DATE: August, 2014
SEQUENCE: INTRO-A-B-C-B-A[1-15]-END

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RHYTHM: Two Step
RAL PHASE: II + 1 [Fishtail]
DIFFICULTY: Easy
TIME@100%: 2:02
SUG. SPEED: 105%

MEAS.

INTRODUCTION

- 1-4 2 MEAS WAIT OPEN-FACING WALL ; ; APART POINT ; TOGETHER TO SCP LOD TOUCH ;**
1-2 [1-2] In OP-FCG WALL wait 2 meas ; ;
3-4 [3] From OP-FCG WALL apart L, -, point R toward partner, - ; [4] Tog R to SCP LOD, -, tch L, - ;

PART A

- 1-4 2 FORWARD TWO STEPS ; ; HITCH 6 ; ;**
1-2 [1] In SCP LOD fwd L, cl R, fwd L, - ; [2] Fwd R, cl L, fwd R, - ;
3-4 [3] In SCP LOD fwd L, cl R, bk L, - ; [4] Bk R, cl L, fwd R, - ;
- 5-8 2 FORWARD TWO STEPS ; ; SCOOT ; WALK & PICKUP TO CP LOD ;**
5-6 [5] In SCP LOD fwd L, cl R, fwd L, - ; [6] Fwd R, cl L, fwd R, - ;
7-8 [7] In SCP LOD fwd L, cl R, fwd L, cl R ; [8] Fwd L, -, fwd R (*W fwd L trng LF in front of M*) to CP LOD, - ;
- 9-12 2 FORWARD TWO STEPS ; ; 2 PROGRESSIVE SCISSORS TO BJO DLC ; ;**
9-10 [9] In CP LOD fwd L, cl R, fwd L, - ; [10] Fwd R, cl L, fwd R, - ;
11-12 [11] In CP LOD sd L, with slight RF rotation cl R, fwd L crossing in front (*W bk R crossing in bk*) to SCAR DLW, - ;
[12] Sd R, with slight LF rotation cl L, fwd R crossing in front (*W bk L crossing in bk*) to BJO DLC, - ;
- 13-16 FISHTAIL ; WALK 2 TO CP WALL ; TWIRL VINE 2 ; WALK 2 TO CP WALL ;**
13-14 [13] In BJO DLC xLib (*W xRif*), sd R, fwd L, lock Rib (*W lock Lif*) ; [14] Fwd L, -, fwd R trng to CP WALL, - ;
15-16 [15] Retaining only lead hands joined fwd and sd L trng slightly RF, -, XRib (*W twirls RF under joined lead hands R, -, L*), - ; [16] Sd and fwd L, -, fwd R trng RF (*W trng LF*) to CP WALL, - ;

PART B

- 1-4 TRAVELING BOX TO SCP LOD ; ; ; ;**
1-2 [1] In CP WALL sd L, cl R, fwd L, - ; [2] Blending to RSCP RLOD fwd R, -, fwd L, - ;
3-4 [3] Blending to CP WALL sd R, cl L, bk R, - ; [4] Blending to SCP LOD fwd L, -, fwd R, - ;
- 5-8 LACE ACROSS TO LEFT OPEN LOD ; FORWARD TWO STEP ;
LACE BACK TO SCP LOD ; FORWARD TWO STEP ;**
5-6 [5] From SCP LOD passing behind W with only lead hands joined moving diagonally across Line of Dance fwd L, cl R, fwd L to LEFT OPEN LOD, - ; [6] Fwd R, cl L, fwd R, - ;
7-8 [7] From LEFT OPEN LOD passing behind W with only trail hands joined moving diagonally across Line of Dance fwd L, cl R, fwd L to SCP LOD, - ; [8] Fwd R, cl L, fwd R, - ;

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**PHASE II + 1 TWO STEP [Easy]
BY SUSAN HEALEA**

PART C

1-4 2 FORWARD TWO STEPS ; ; HITCH 6 ; ;

1-4 [1-4] Repeat Part A Meas 1-4 ; ; ; ;

5-8 2 FORWARD TWO STEPS ; ; SCOOT ; WALK 2 ;

5-8 [5-7] Repeat Part A Meas 5-7 ; ; ; [8] Fwd L, -, fwd R, - ;

9-12 CIRCLE AWAY 2 TWO STEPS TURNING TO FACE PARTNER ; ;

SKATE LEFT AND RIGHT ; SIDE TWO STEP LEFT ;

9-10 [9] From SCP LOD releasing partner contact and traveling away from partner in a LF (*W RF*) circular pattern fwd L, cl R, fwd L, - ; [10] Cont LF (*W RF*) circular pattern traveling away from partner fwd R, cl L, trng to fc partner and about 8 feet away from partner fwd R, - ;

11-12 [11] Swivel LF on R fwd L/draw R to L, -, swivel RF on L fwd R/draw L to R, - ; [12] Trng to fc partner [still about 8 feet apart] sd L, cl R, sd L, - ; [Note: doing "Hula handwork" on Skates and Side Two Step is optional]

13-16 SKATE RIGHT AND LEFT ; SIDE TWO STEP RIGHT ; STRUT TOGETHER 4 TO CP WALL ; ;

13-14 [13] Swivel RF on L fwd R/draw L to R, -, swivel LF on R fwd L/draw R to L, - ; [14] Trng to fc partner [still about 8 feet apart] sd R, cl L, sd R, - ; [Note: doing "Hula handwork" on Skates and Side Two Step is optional]

15-16 [15] Traveling toward partner fwd L, -, fwd R, - ; [16] Fwd L, -, fwd R to CP WALL, - ;

REPEAT PART B

REPEAT PART A MEAS 1-15

ENDING

1 APART POINT ;

1 [1] Releasing lead hands and joining trail hands apart L, -, point R toward partner, - ; SMILE ☺