



## ExHale (aka Shoop Shoop)

Choreographed by Francien Sittrop

Descriptions; 64 counts 4 walls Easy intermediate line dance

Music: Exhale (Shoop Shoop) by Whitney Houston

**Intro: No intro Start when the music starts**

### **SIDE , ROCK RECOVER , SIDE, SAILOR ¼ R , SYNC. LOCK STEPS FWD**

1-2& Step R to R side, Rock L back, Recover on R

3 Step L to L side

4& Sweep R to the back with ¼ Turn R , Step L next to R, (03.00)

5 Step R fwd

6& Lock L behind R, Step R fwd

7&8& Step L fwd, Lock R behind L, Step L fwd , Step R fwd

### **FWD, ROCK RECOVER , ½ R , 1 ¼ TURN R , ROCK RECOVER , KICK BALL CROSS , SIDE**

1 Step L fwd

2&3 Rock R fwd, Recover on L, ½ Turn R step R fwd (09.00)

4&5 ½ Turn R step L back, ½ Turn R step R fwd, ¼ turn R step L to L side (12.00)

6& Rock R back , Recover on L

7&8& Kick R fwd, Step R down. Step L across R, Step R to R side

### **ROCK RECOVER , ½ TURN R , LOCK STEP FWD, MAMBO STEP BACK, COASTER STEP**

1 Rock L back facing ¼ Turn L ( facing 7.30)

2&3 Recover on R(facing back to 12.00), ¼ Turn R step L back, ¼ Turn R step R to R side (06.00)

4&5 Step L fwd, Lock R behind L, Step L fwd

6&7 Rock R fwd, Recover on L, Step R big Step Back and drag L

8& Step L back, Step R next to L

### **CROSS ROCK RECOVER , ¼ L CROSS ROCK RECOVER , CROSS , FULL TURN R**

1 Cross Rock L over R

2&3 Recover on R, ¼ L Step L fwd, Step R across L (03.00)

4&5 Recover on L, Step R next to L, Step L across R

6-7-8 Make a full Turn R in 3 counts (Weight ends on L ) \*\*R\*\*Wall 3

When you make the Full Turn (6-8) you can bounce your heels softly on the beat of the music

### **SIDE WITH HIP SWAYS, LOCKSTEP FWD , HIP SWAYS, ¼ R SIDE TOGETHER – 33-40**

1-3 Step R to R side and Sway hips R,L,R

4&5 Step L fwd, Step R next to L , Step L fwd and sway Hips fwd

6-7 Sway Hips R, L

8& ¼ Turn R step R to R side, Step L next to R

***You can use your arms if you want***

**[41-64] REPEAT COUNTS 33-40 3 TIMES MORE**

**START AGAIN!**

**RESTART : DURING WALL 3 AFTER COUNT 32 START AGAIN WITH COUNT 1**