



Course title:
Hula hoop dance Intermediate

Date: 18 February – 25 March 2013

Time: 6.30pm – 7.30pm

Number of Sessions: 6

Fee – full: £45

Fee – concession: £45

Tutor: Hannah Myatt

Summary Description: Move on from the beginner's course to tackle combinations and simple routines to link moves together, making your hooping much smoother and really taking your dancing to the next level. Hula hoops provided.

Detailed Description: So you've completed the beginner's course and want some more?

This course is designed to take your hooping to the next level. It will re-visit moves from the beginner's course, particularly those trickier ones such as shoulder hooping, and floating the hoop up and down, with a few new ones thrown in! There will be loads of combinations and simple routines to get you linking moves together, helping you to make your hooping much smoother! You will definitely see an improvement in your dancing by the end.

Objectives/Outcomes: Students will learn how to improve their hula hoop skills by linking moves together and learning more complex moves. Hula hooping is also a great form of exercise.