

# EXHALE (SHOOP SHOOP)



**CHOREOGRAPHERS:** Frank & Carol Valenta, P.O. Box 1076, Fletcher, NC 28732 (828) 654-9708  
E-mail: valentafe@mchsi.com

**CD** Arista CD "Waiting to Exhale" released 1995, Track #1,  
Exhale (Shoop Shoop) by Whitney Houston  
Legal .mp3 download available from: www.walmart.com/music

**RELEASE DATE:** March 2009

**PHASE/RHYTHM:** Un-phased QQS NIGHT CLUB TWO STEP  
Considered equivalent to RAL Phase VI

**DIFFICULTY:** Average

**SPEED/TEMPO/TIME:** As recorded / 33 MPM in 2/4 time / 3:26

**FOOTWORK:** Opposite unless indicated, directions given for man, woman's directions in ( ).

**SEQUENCE:** INTRO, A, B, A, B, C, A, B

## INTRODUCTION

### wait 3 pickup notes :

CP WALL wait 3 pickup notes;

## PART A

### 1-4 HLF BASIC (DHH); UNDRARM TRN TO TAMARA; WHEEL HALF;

#### MANS UNDRARM TRN/WOMAN WHL HALF (DHH);

(1) Xlib of R/rec R, sd L DHH; (2) Idg W to trn RF undr jnd Id hnds maintaing jnd trailg hnds Xrib of L/rec L, fwd R to sd-x-sd w/ jnd trailg hnds beh W's bk & jnd Id hnds in frnt of M (**undr jnd Id hnds commencg to trn RF XL ovr R trng 1/2 RF/rec fwd R contg trn to fc prtnr, sd R**); (3) fwd L commencg RF trn/fwd R cont trn, fwd L completg 1/2 trn; (4) Releasg jnd trailing hnds undr jnd Id hnds trng 1/2 LF XRif of L/rec fwd L contg trn, sd R (**contg RF trn fwd L/fwd R, fwd L completg 1 full turn**) to fc prtnr;

### 5-8 HEAD LOOP; (XDHH); RIGHT TURN; trailing hand INSIDE ROLL (DHH WALL);

(5-6) Idg W to trn RF undr jnd R-R hnds Xlib of R trng 1/4 LF loopg jnd R-R hnds ovr W's hd/rec R trng RF to fc prtnr, sd L (**trng RF Xrib of L/rec L trng to fc prtnr, sd R contg RF trn**) Idg W to trn RF undr jnd L-L hnds; sd & slightly bk R trng toe out & beginng sd sway/Xlif of R, sd R compg sd sway (**trng 1/2 RF XL ovr R/rec fwd R contg trn to fc prtnr, sd R**) XDHH WALL; (7) Xlib of R/rec R trng LF, cont trng 1/4 RF sd & slightly apt L (**XRif of L**); (8) rel jnd L-L hnds Idg W to trn undr jnd R-R hnds sd & slightly bk R trng toe out & begng sd sway/Xlif of R, sd R compg sd sway (**sd L trng LF undr jnd R-R hnds/cont turng LF sd R, sd L to fc prtnr**) rel jnd R-R rejn DHH WALL;

### 9-12 SPINNG HAMMERLOCK TO CRADLE; ; ; (WRAP WALL);

(9-12) Xlib of R/rec R Idg W to trn RF undr raised jnd Id hnds keepg jnd trailg hnds low, fwd L trng LF circle ard W's bk (**XRib of L left trng 1/2 RF keepg R hd beh bk/sd R cont trn 1/2 RF, sd L trng 1/4**) to hammerlock position; releasg jnd trailg hnds cont trn fwd R /fwd L, fwd & sd R (**XRib of L/rec L, fwd R trng 1/4 LF undr jnd Id hnds**) rejn trailg hnds beh W's bk in hammlrk; Xlib of R/rec R Idg W to trn LF undr raised jnd Id hnds keepg jnd trailg hnds low, fwd L trng 1/4 RF (**XRib of L/rec L, fwd R trng 1/4 LF undr jnd Id hnds**); sd R/Xlif of R, sd R (**trng 1/4 RF fwd L/sd R trng 1/2 RF, sd L**) ending in low wrap;

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### 13-16 SIDE CORTE RECOVER; ;BACK RUN & SIWVEL; CROSS BODY EXIT (CP LOD);

(13-14) Xlib of R/rec R (**rec L trng 1/2 LF to fc prtnr**), lun sd L flexg supptg knee & trng to rev SCP leavg R leg extdd w/ toe ptg to floor; rising on wgt'd L/rec onto R retrng to CP, -; (15) Idg w/ R shldr bk L/ bk R, bk L Idg W outsd prtnr & swvl RF, (**trng RF to op out Xrib of L, sd L trng 1/2 LF, fwd R, swvlg RF on R**) SCP DLC; (16) XRib of L Idg W to trn LF acr in frnt of M/rec L trng 1/4 LF (**fwd L commencg LF trn acr in frnt of M, sd R trng 1/2 LF**) to CP LOD, sd R (**sd L**);

## PART B

### 1-4 ALTERNATING RONDES 3; ; ; (CP LOD);

(1-4) sd L Idg W to op out/rec R trng 1/4 RF, sd L (**trng 1/4 RFbk R/rec L Xif of man while trn 3/4 LF, sd R**) cont trn to CP w/ R sway Rondé R clockwise; XRib of L/cont trn sd L, XRif of L (**sd L trng RF/cont trn XRif of L, sd R w/ R sway Rondé R clockwise**) comp addl 3/4 RF trn; cont trng RF fwd L/fwd XRif of L, sd L (**XRib of L/cont trn sd L, XRif of L**) comp addl 1/2 RF trn w/ R sway Rondé R clockwise; XRib of L/cont trn sd L, cl L to comp addl 1/2 RF trn (**sd L trng RF/cont trn XRif of L, sd R**) CP LOD;

### 5-8 OPPOSITION; INSIDE ROLL (HNDSHK LOD); 2 TRADE PLACES; (DHH LOD);

(5) Idg W to op out sd L/rec R, cl L (**trng 1/4 RF bk R/rec L trng 1/4 LF, cl R**) retrng W to CP; (6) Idg W to trn undr jnd ld hnds sd & slightly bk R trng toe out & begng sd sway/Xlif of R, sd R compg sd sway(**sd L trng LF undr jnd Idg hnds/cont turng LF sd R, sd L to fc prtnr**) HNDSHK WALL; (7-8) XLib of R/rec R trng 1/2 RF (**1/2 LF**) relg R-R hnds, sd & slightly apt L compg a chg sds jng L-L hnds; (6) XRib of L/rec L trng 1/2 LF (**1/2 RF**) relg jnd L-L hnds, sd & slightly apt R compg a chg sds DHH;

### 9-12 ALTERNATING HEAD LOOP TURNS; ; ; (DHH COH);

(9-12) Xlib of R commencg RF trn Idg W to trn LF undr jnd L-L hnds/contg trn rec R to fc prtnr, bk L (**XRib of L/rec L trng LF undr jnd ld hnds to fc prtnr, bk R**); XRib of L/rec L trng LF undr jnd trailg hnds to fc prtnr, bk R(**XLib of R commencg RF trn/contg trn rec R to fc prtnr, bk L**); Xlib of R commencg RF trn Idg W to trn LF undr jnd L-L hnds/contg trn rec R to fc prtnr, bk L (**XRib of L/rec L trng LF undr jnd ld hnds to fc prtnr, bk R**); XRib of L/rec L trng LF undr jnd trailg hnds to fc prtnr, bk R (**XLib of R commencg RF trn/contg trn rec R to fc prtnr, bk L**) DHH COH;

### 13-16 RIGHT TURN (WALL); INSIDE ROLL (HNDSHK);

#### ROLL-IN CATCH TURN; (CP WALL);

(13) repeat Part A meas 7 WALL; (14) repeat Part B meas 6 HNDSHK; (15-16) XLib of R/rec R Idg W to roll into M's R arm relg jnd ld hnds, sd L trng 1/4 RF (**XRib of L/rec fwd L commencg 3/4 LF free trn, fwd R cont trng**) catchg W in M's R arm; XRib of L cont trng/sd L cont trng, sde R (**sd L trng RF, XRif of L cont trng, sd L**) compg 3/4 RF trn CP WALL;

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### PART C

#### **1-3 LEFT TURN (LOD); SIDE CROSS ENDING (LOP); CURL TRANS (VARS LOD);**

(1) XLib of R/commeng LF trn rec R, cont trng 1/4 LF Xlif of R (*sd & slightly apt R*); (2) sd & slightly bk R trng toe out & begng sd sway/Xlif of R, sd R completg side sway LOP; (3) XLib of R, rec R Idg W to turn LF undr raised ld hnds (*XRib of L/rec L commeng LF trn, fwd & swvl on R to comp 1/2 LF trn*) VARS LOD {both w/ L foot free};

#### **4-12 SHADOW TRAVLER: : : : : : SHADOW TRAVLER EXIT(DHH LOD);**

(4-11) XLib of R/rec R, fwd L; fwd R trng RF/sd L contg trn to comp 1/2 trn, bk R to L VARS;  
XLib of R/rec R, fwd L; XRib of L/rec L, cl R (*fwd R trng 1/2 LF/sd L contg trn, bk R*) to VARS;  
XLib of R/rec R, fwd L; fwd R trng RF/sd L contg trn to comp 1/2 trn, bk R to L VARS;  
XLib of R/rec R, fwd L; XRib of L/rec L, cl R (*fwd R trng 1/2 LF/sd L contg trn, bk R*) to VARS;  
(12) XLib of R, rec R releasg jnd L-L hds Idg W to stp fwd (*bk L/fwd R trng 1/2 RF, bk L*) chgg to DHH LOD {opposite footwork};

#### **13-16 RIGHT TURN (RLOD); INSIDE ROLL(CP); AROUND THE BACK; (CP WALL);**

(13) repeat Part A meas 7 RLOD; (14) repeat Part B meas 6 CP; (15-16) Idg W to op out sd L/rec R, fwd L trng 1/4 LF Idg W ard M's bk (*trng 1/4 RF bk R/rec sd L Xib of M to LOP, fwd R trng 1/4 RF*) to fc prtnr; sd & slightly bk R trng toe out & begng sd sway/Xlif of R, sd R comp side sway (*sd L trng LF undr ld hnds/cont trng LF sd R, sd L*) CP WALL;

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### Quick Cues

Introduction is from CP WALL, wait 3 pickup notes, Half Basic, Underarm Turn to Tamara...

**INTRO** (wait);

**A** HLF BASIC; UNDRARM TRN TO TAMARA; WHL HLF;  
MANS UNDRARM TRN/WOMAN WHL HALF;  
HEAD LOOP; (XDHH LOD); RGT TRN; trailing hand INSD ROLL (DHH WALL);  
SPINNING HAMMERLOCK TO CRADLE; ; ; (WRAP WALL);  
SD CORTE REC; ; BK RUN & SWVL; X BDY EXIT (CP LOD);

**B** ALTERNATING RONDES 3; ; ; (CP LOD);  
OPPOSITION; INSD ROLL (HNDSHK LOD); 2 TRADE PLACES; (DHH LOD);  
ALTERNATING HEAD LOOP TRNS; ; ; (DHH DRC);  
RGT TRN (WALL); INSD ROLL (HNDSHK); ROLL-IN CATCH TRN; (CP WALL);  
**(REPEAT A, B, A & B)** **(2<sup>nd</sup> time go to C, last time HOLD)**

**C** LEFT TURN (DHH LOD); SD X ENDG (LOP); CURL TRANS;  
SHAD TRAVLR; ; ; ; ; ; SHAD TRAVLR EXIT(DHH LOD);  
RGT TRN (RLOD); INSD ROLL(CP); AROUND THE BACK; (CP WALL) ;

**(REPEAT A & B)**