

# Rub It In

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Jan Wyllie (AUS)

Musik: Rub It In - Billy "Crash" Craddock



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## STEP RIGHT TO RIGHT, LEFT TOGETHER, SHIMMY, STEP RIGHT TO RIGHT, LEFT TOGETHER, SHIMMY

1-2 Step right to right, step left beside right

&3&4& Move right shoulder back, forward, back, forward, back

**Or shimmy properly if you can for &3&4& and &7&8&. Remember, a shimmy moves your shoulders and upper body, not your bum**

5-6 Step right to right, step left beside right

&7&8& Move right shoulder back, forward, back, forward, back (shimmy again)

**If you hate to shimmy then simply do hip bumps left, right, left in place of the shimmy**

## RIGHT KICK BALL CHANGE, STRUT RIGHT LEFT, BUMP LEFT HEEL TWICE

9&10 Right leg kick ball change

11-12 Right heel strut forward

13-14 Left heel strut forward

15-16 Bump left heel twice

## STEP PIVOT ¼, ROCK FORWARD BACK, STEP BACK, ROCK BACK FORWARD, SHUFFLE FORWARD

17-18 Step forward on right, pivot ¼ turn left transferring weight to left

19&20 Rock/step forward on right, rock back on left, step back on right

21-22 Rock/step back on left, rock forward on right

23&24 Shuffle forward left, right, left

## STEP PIVOT ¼, SHUFFLE, WALK LEFT, RIGHT, ROCK LEFT LEFT, ROCK RIGHT RIGHT, STEP LEFT ACROSS RIGHT

25-26 Step forward on right, pivot ¼ turn left transferring weight to left

27&28 Shuffle forward right, left, right

29-30 Walk forward left, right

31&32 Rock/step left to left, rock/return weight to right, step left across right

**REPEAT**

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