

# Rub It In

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Judy McDonald (CAN)

Musik: Rub It In - Matt King



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## RIGHT ROCK, LEFT STEP, RIGHT SIDE SHUFFLE

- 1-2 Step right forward, step left in place  
3&4 Step right to side, step left beside right, step right to side

## LEFT ROCK, RIGHT STEP, LEFT SIDE SHUFFLE

- 5-6 Step left forward, step right in place  
7&8 Step left to side, step right beside left, step left to side

## RIGHT ROCK, LEFT STEP, RIGHT STEP SIDE, LEFT STEP TOGETHER

- 1-4 Step right forward, step left in place, step right to side, step left beside right

## TOE TWISTS ¼ TURN RIGHT X 4

- 5-8 With weight on both heels, twist toes right four times making ¼ turn

## RIGHT STEP SIDE, LEFT TOUCH, SHOULDER RAISES X 3

- 1-2 Step right to side, touch left beside right while raising left shoulder and dropping right shoulder  
3&4 Drop left shoulder and raise right shoulder, drop right shoulder and raise left shoulder, drop left shoulder and raise right shoulder

## LEFT STEP SIDE, CIRCLE HIPS TO THE LEFT

- 5-8 Step left to side, circle hips to the left for three counts ending with weight on left

## RIGHT ROCK, LEFT STEP, RIGHT SIDE SHUFFLE

- 1-2 Step right forward, step left in place  
3&4 Step right to side, step left beside right, step right to side

## LEFT TOUCH, BEND KNEES, STRAIGHTEN, TAKE WEIGHT ON LEFT

- 5-8 Touch left slightly forward, bend knees, straighten knees, take weight on left

**Add hip bumps to these counts, or do a body roll. Hit the breaks!**

## REPEAT

Do what the lyrics tell you the first time you face the back wall—rub your nose, point down at your toes, move those shoulders like your back is being rubbed, and really move that sacroiliac!

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