

Rub It In

Compte: 32

Mur: 4

Niveau: ultra Beginner

Chorégraphe: Anita McNab (CAN)

Musique: Rub It In - Matt King



TOUCH RIGHT SIDE, TOUCH HOME, (TWICE), THEN REPEAT ON LEFT (TWICE)

- 1-2 Touch right to side & together beside left
- 3-4 Touch right to side & together beside left
- 5-6 Touch left to side & together beside right
- 7-8 Touch left to side & together beside right

Alternative: do a full Monterey step for first 8 counts

BASIC STEP TO RIGHT (SIDE, TOGETHER, SIDE, TOUCH), HIP BUMPS LEFT, RIGHT, LEFT, RIGHT

- 9-10 Step side right, step left beside
- 11-12 Step side right, touch left beside
- 13-16 Bump hips left, right, left, then right (weight ends on right)

Alternative: rolling vine right

- 9-16 Hip circles, or roll

BASIC STEP TO LEFT (SIDE, TOGETHER, SIDE, TOUCH), HIP BUMPS RIGHT, LEFT, RIGHT, LEFT

- 17-18 Step side left, step right beside
- 19-20 Step side left, touch right beside
- 21-24 Bump hips right, left, right, then left (weight on left)

Alternative: rolling vine left 17-20 hip circles, or roll

RIGHT HEEL FORWARD, DROP TOE, LEFT HEEL FORWARD, DROP TOE

- 25-28 Right heel forward & slap toe, left heel forward & slap toe

RIGHT HEEL FORWARD 45 DEGREES TO LEFT, DROP TOE (FACING CORNER)

- 29-30 Lean forward, step right heel forward 45 degree angle & slap toe

STEPPING A QUARTER TURN LEFT, LEFT HEEL FORWARD, DROP TOE

- 31-32 ¼ turn left by stepping on left heel forward & slap toe

REPEAT
