Rub It In

Niveau: Beginner

Chorégraphe: Kathy Heller (USA) - July 2010

Musique: Rub It In - Jeff Bates : (CD: Leave The Light On)

Start on the word "Sand"

Compte: 32

Alternate Music:-

Let It Roll, Let It Ride by The Notorious Cherry Bombs (130 bpm; CD: Notorious Cherry Bombs) Smilin' Song by Vince Gill (118 bpm; CD: These Days - disk #1)

[1-8] WALK FORWARD, KICK, WALK BACKWARD, TOUCH

- 1-4 Walk forward RLR, kick left forward
- 5-8 Walk backward LRL, touch right next to left

[9-16] VINE RIGHT, VINE LEFT

- Step right to side right, left behind right, right to side right, scuff left 1-4
- 5-8 Step left to side left, right behind left, left to side left, scuff right

[17-24] STEP, SCUFF 4X

- Step forward on right, scuff left, step forward on left, scuff right 1-4
- 5-8 Step forward on right, scuff left, step forward on left, scuff right

[25-32] QUARTER TURN, BUMPS, QUARTER TURN, BUMPS

- 1-2 Making 1/4 turn left, step right to side right & bump to right 2X
- 3-4 Switch weight to left, and bump to the left 2X
- 5-6 Making 1/4 turn left, step right to side right & bump to right 2X
- 7-8 Switch weight to left, and bump to the left 2X

NOTE: For a little more fun, this can also be done contra style, walking through the lines on steps 17-24.

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Mur: 2