

# Rub It In

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Judy McDonald (CAN)  
音乐: Rub It In - Matt King



---

## 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!

---