

Rub It In

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ruth Rinehart (USA)
音乐: Rub It In - Matt King



STEP BALL ROCKS

1&2 Step forward right; step forward ball of left foot in line with right foot; rock weight to right foot
3&4 Step forward left; step forward ball of right in line with left foot; rock weight to left foot
5-8 Repeat 1-4

STEP BACKS, HEELS, HIPS RIGHT, RIGHT, LEFT, LEFT

&1&2 Step back right; left heel forward; step back left; right heel forward
&3&4 Step back right; left heel forward; step back left; right heel forward
5-6 Bump hips right twice
7-8 Bump hips left twice

MONTEREY ½ TURN RIGHT, ROCK STEPS WITH LEFT ¼ TURN

1-4 Touch right out; right half-turn and weight right; touch left out; then step left home
5-8 Rock right; rock left; step right behind left; then step forward ¼ turn to the left

ROCK FORWARD RIGHT, RECOVER LEFT, 2 (LEFT/2 TURN) SHUFFLES TURNING RIGHT, STOMP RIGHT; STOMP LEFT

1-4 Rock forward right; recover left; shuffle right, left, right turning ½ turn right
5-8 Shuffle left, right left turning left/2 turn right; stomp right; stomp left

REPEAT
