

Rub-A-Dubbin'

拍数: 36 墙数: 4 级数: Intermediate/Advanced
编舞者: Charlie Milne (CAN)
音乐: Rub-A-Dubbin - Ken Mellons



Arm movements - with feet remaining still raise both arms in air and move them from side to side as if pulling a towel across upper back/shoulders

1-2 Both hands go right, both hands go left (move hips right then left)

3-4 Both hands go right, both hands go left (move hips right then left)

Arm movements - with feet remaining still keep right arm in air and lower left hand to hip height by bending at the elbow and flipping the hand down, and move both hands up and down, as if pulling a towel diagonally across back in an up and down motion

5-6 Up, down (move hips to right, then left)

7-8 Up, down (move hips to right, then left)

FORWARD TOUCH-DOWNS

9-10 Very small step forward on ball of right foot, drop heel of right foot

11-12 Very small step forward on ball of left foot, drop heel of left foot

13-14 Very small step forward on ball of right foot, drop heel of right foot

15-16 Very small step forward on ball of left foot, drop heel of left foot

ROCK STEPS, TURN ¼ TO THE LEFT

17-18 Rock back on right foot, step on left foot in place

19-20 Rock forward on right foot, step on left foot in place

21-22 Rock back on right foot, step on left foot in place

23-24 Touch right foot forward, raise heels of both feet and turn ¼ to left (weight is on left foot)

STEP FORWARD, STEP BACK

25-26 Step forward on right foot, touch left foot in home position

27-28 Step back on left foot, touch toe of right foot way back

CHUG FORWARD

29-30 Raise right leg and chug (hop) forward twice

31-32 Step forward on right foot, step left foot into home position

PASSING HAND SLAP - FOUR TIMES

33-34 Right hand down & left hand up, left hand down & right hand up

35-36 Right hand down & left hand up, left hand down & right hand up

REPEAT
