

Rub It In

拍數: 32 牆數: 2 級數: Beginner
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音樂: Tryin' to Get to New Orleans - The Tractors



DIAGONAL TOE TOUCHES, CROSS STEPS, SWEEP TURN, HIP BUMPS

- 1-2 Touch right toe forward and diagonally to the right; cross right foot over left and step
3-4 Touch left toe forward and diagonally to the left; cross left foot behind right and step
5-6 Slide right foot forward and begin a ½ turn to the right on ball of left foot while sweeping right foot out and around in a to the right motion; complete ½ to the right sweep and step right foot next to left
7-8 Bump hips to the left twice and shift weight to the left foot

DIAGONAL STEP, TOUCH, DIAGONAL STEP, SYNCOPATED ROCKS, ROCK STEP, TURNING SHUFFLE

- 9-10 Step forward and diagonally to the right on right foot; touch left toe next to right
&11 Step back and diagonally to the left on left foot; rock forward onto right foot
&12 Rock back onto left foot; rock forward onto right foot
13-14 Step forward on left foot; rock back onto right foot
15&16 Shuffle in place (left, right, left) making a ½ turn to the left on these steps

OUT-OUT, HOLD, SWIVELS, MODIFIED MONTEREY TURNS

- &17 Step slightly to the right on right foot; step slightly to the left on left foot about shoulder width apart from right
18 Hold and clap hands
&19 Swivel heels inward; swivel toes inward
&20 Swivel heels inward; swivel toes to center
21-22 Touch right toe to the right; pivot ½ turn to the right on ball of left foot and step right foot next to left
23-24 Touch left toe to the left; pivot ¼ turn to the left on ball of right foot and step left foot next to right

KICK-BALL-BALL, HEEL SWIVELS (TWISTS), PIVOT TO THE LEFT, TURN TO THE LEFT

- 25&26 Kick right foot forward; step on ball of right foot next to left; step forward on ball of left foot
27-28 With weight on balls of both feet, swivel heels turn to the lefting body ¼ turn to the right; swivel heels turn to the righting body ¼ turn to the left and shift weight to left foot
29-30 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot
31-32 Step forward on right foot; pivot ¼ turn to the left on ball of right foot and shift weight to left foot

REPEAT