

Rub It In

拍數: 32 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Rub It In - Billy "Crash" Craddock



STEP RIGHT TO RIGHT, LEFT TOGETHER, SHIMMY, STEP RIGHT TO RIGHT, LEFT TOGETHER, SHIMMY

1-2 Step right to right, step left beside right
&3&4& Move right shoulder back, forward, back, forward, back
Or shimmy properly if you can for &3&4& and &7&8&. Remember, a shimmy moves your shoulders and upper body, not your bum
5-6 Step right to right, step left beside right
&7&8& Move right shoulder back, forward, back, forward, back (shimmy again)
If you hate to shimmy then simply do hip bumps left, right, left in place of the shimmy

RIGHT KICK BALL CHANGE, STRUT RIGHT LEFT, BUMP LEFT HEEL TWICE

9&10 Right leg kick ball change
11-12 Right heel strut forward
13-14 Left heel strut forward
15-16 Bump left heel twice

STEP PIVOT ¼, ROCK FORWARD BACK, STEP BACK, ROCK BACK FORWARD, SHUFFLE FORWARD

17-18 Step forward on right, pivot ¼ turn left transferring weight to left
19&20 Rock/step forward on right, rock back on left, step back on right
21-22 Rock/step back on left, rock forward on right
23&24 Shuffle forward left, right, left

STEP PIVOT ¼, SHUFFLE, WALK LEFT, RIGHT, ROCK LEFT LEFT, ROCK RIGHT RIGHT, STEP LEFT ACROSS RIGHT

25-26 Step forward on right, pivot ¼ turn left transferring weight to left
27&28 Shuffle forward right, left, right
29-30 Walk forward left, right
31&32 Rock/step left to left, rock/return weight to right, step left across right

REPEAT
