

# Rub It In

COPPER KNOB  
BY STEPHEN

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**

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