

Rub It In

拍數: 32 牆數: 4 級數: Beginner
編舞者: Judy McDonald (CAN)
音樂: Rub It In - Matt King



RIGHT ROCK, LEFT STEP, RIGHT SIDE SHUFFLE

1-2 Step right forward, step left in place
3&4 Step right to side, step left beside right, step right to side

LEFT ROCK, RIGHT STEP, LEFT SIDE SHUFFLE

5-6 Step left forward, step right in place
7&8 Step left to side, step right beside left, step left to side

RIGHT ROCK, LEFT STEP, RIGHT STEP SIDE, LEFT STEP TOGETHER

1-4 Step right forward, step left in place, step right to side, step left beside right

TOE TWISTS ¼ TURN RIGHT X 4

5-8 With weight on both heels, twist toes right four times making ¼ turn

RIGHT STEP SIDE, LEFT TOUCH, SHOULDER RAISES X 3

1-2 Step right to side, touch left beside right while raising left shoulder and dropping right shoulder
3&4 Drop left shoulder and raise right shoulder, drop right shoulder and raise left shoulder, drop left shoulder and raise right shoulder

LEFT STEP SIDE, CIRCLE HIPS TO THE LEFT

5-8 Step left to side, circle hips to the left for three counts ending with weight on left

RIGHT ROCK, LEFT STEP, RIGHT SIDE SHUFFLE

1-2 Step right forward, step left in place
3&4 Step right to side, step left beside right, step right to side

LEFT TOUCH, BEND KNEES, STRAIGHTEN, TAKE WEIGHT ON LEFT

5-8 Touch left slightly forward, bend knees, straighten knees, take weight on left

Add hip bumps to these counts, or do a body roll. Hit the breaks!

REPEAT

Do what the lyrics tell you the first time you face the back wall--rub your nose, point down at your toes, move those shoulders like your back is being rubbed, and really move that sacroiliac!
