

Rub It In

拍數: 32 牆數: 4 級數: ultra Beginner
編舞者: Anita McNab (CAN)
音樂: Rub It In - Matt King



TOUCH RIGHT SIDE, TOUCH HOME, (TWICE), THEN REPEAT ON LEFT (TWICE)

1-2 Touch right to side & together beside left
3-4 Touch right to side & together beside left
5-6 Touch left to side & together beside right
7-8 Touch left to side & together beside right

Alternative: do a full Monterey step for first 8 counts

BASIC STEP TO RIGHT (SIDE, TOGETHER, SIDE, TOUCH), HIP BUMPS LEFT, RIGHT, LEFT, RIGHT

9-10 Step side right, step left beside
11-12 Step side right, touch left beside
13-16 Bump hips left, right, left, then right (weight ends on right)

Alternative: rolling vine right

9-16 Hip circles, or roll

BASIC STEP TO LEFT (SIDE, TOGETHER, SIDE, TOUCH), HIP BUMPS RIGHT, LEFT, RIGHT, LEFT

17-18 Step side left, step right beside
19-20 Step side left, touch right beside
21-24 Bump hips right, left, right, then left (weight on left)

Alternative: rolling vine left 17-20 hip circles, or roll

RIGHT HEEL FORWARD, DROP TOE, LEFT HEEL FORWARD, DROP TOE

25-28 Right heel forward & slap toe, left heel forward & slap toe

RIGHT HEEL FORWARD 45 DEGREES TO LEFT, DROP TOE (FACING CORNER)

29-30 Lean forward, step right heel forward 45 degree angle & slap toe

STEPPING A QUARTER TURN LEFT, LEFT HEEL FORWARD, DROP TOE

31-32 ¼ turn left by stepping on left heel forward & slap toe

REPEAT
