

Rub It In 2000

拍數: 32 牆數: 1 級數: Intermediate
編舞者: Jamie Marshall (USA) & Chris Haddock (USA)
音樂: Rub It In - Billy "Crash" Craddock



SAILOR STEPS, SHUFFLE, PIVOT ½ RIGHT

1&2 Cross right behind left, step left to left, step right to right
3&4 Cross left behind right, step right to right, step left to left
5&6 Step right forward, step left next to right, step right forward
7-8 Step left forward, pivot ½ to right, stepping forward on right

FORWARD KICK BALL CHANGES, COASTER STEP, HEEL SWIVELS

9&10 Kick left forward, replace left next to right, step right forward
11&12 Kick left forward, replace left next to right, step right forward
13&14 Step left back, step right next to left, step left forward
15&16 Step on ball of right forward, swiveling heel to left, swivel heel to right, swivel heel to center

ROCK STEP, COASTER PIVOT ½, CLAPS

&17-18 Step right back next to left, rock forward on left, recover on right
19&20 Step left back, step right next to left, step left forward
21-22 Step right forward, pivot ½ left, stepping forward on left
23&24 Clap 3 times

"RUB IT IN" BACK, "RUB IT IN" FRONT, SIDE STEP, HOLD

&25-26 Step right next to left, leaning slightly forward, using both hands, rub behind 2 times
27-28 Leaning slightly backward, using both hands, rub behind 2 times
&29 Small jump out separating feet, extend bent arms out with palms down
30-32 Hold 3 counts (placing weight on left to begin again)

REPEAT

Congratulations to Chris for her first choreography. Special thanks to Chris and Dan (Celebrations Unlimited) for the hospitality shown during my first opportunity to visit Connecticut

"Rub It In" 2000 was choreographed especially for Mary and Dean Faast's October "Dance Round Up." All guest instructors (Jo, Pedro, Scott, Kathy Peter, Jamie) had a special project to choreograph a dance to an "oldies but goodies, country song," which is at least 10 years old. Be sure to look for all these new dances.