

Rub Me Up

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK)
音樂: Genie In a Bottle - Christina Aguilera



STEP, LOCK & STEP, PIVOT ½, ¼ ROCK & CROSS & POINT, HITCH ¼

1-2& Step forward on left, lock right behind, step forward on left
3-4 Step forward on right, pivot ½ turn left
5&6 Making ¼ turn left rock right to side, recover on left, cross right over left
&7-8 Step left to side, point right to right, hitch right knee as you make ¼ turn right

WALK, STEP, ½ TURN, ½ TURN, TOUCH, HIP BUMPS, & STEP, CROSS ¼

1-2 Step forward on right, step forward on left
3&4 Pivot ½ turn right taking weight on right, ½ turn right stepping back on left, touch right in front of left
5&6 Step back on right bumping hips right-left-right
&7-8 Step forward left, step forward right, making ¼ turn left cross left over right

ROCK & TOUCH, ROCK & CROSS, ¼, ¼ STEP, TRIPLE FULL TURN FORWARD

1&2 Rock right to side, recover on left, touch right in front of left
3&4 Rock right to side, recover on left, cross step right over left
5&6 Make ¼ turn right stepping back on left, ¼ right stepping right to side, step forward on left
7&8 Make ½ turn left stepping back on right, ½ turn left stepping forward left, step forward on right

Option: right shuffle

ROCK, KICK, COASTER STEP, STEP PIVOT ½, ROCK & CROSS

1-2 Rock forward on left, recover on right kicking left forward
3&4 Step back on left, step right next to left, step forward on left
5-6 Step forward on right, pivot ½ turn to left
7&8 Rock right to side, recover on left, cross right over left

CHASSE ¼, STEP, 1&½ TURNS, WALK, WALK, ROCK & ¼

1&2 Step left to side, step right next to left, make ¼ turn left stepping forward left
3&4& Step forward right, pivot ½ turn left taking weight on left, pivot ½ left stepping back on right, pivot ½ left stepping forward left
5-6 Step forward right, step forward left
7&8 Rock forward on right, recover on left, ¼ turn right stepping right to side

& SYNCOPATED ½ MONTEREY, & SIDE, TOUCH, SWAY LEFT-RIGHT, SWEEP ½, TOUCH

&1&2 Step forward left, point right to side, ½ turn right stepping right next to left, point left to side
&3-4 Step left next to right, step right a large step to the right, drag left & touch
5-6 Stepping to left sway hips to left, stepping to right sway hips to right
7-8 Make ½ turn to right on ball of right sweeping left round front, touch left in front

REPEAT

ENDING

At end of wall 6 you will be facing back. 8 counts of music remain. Dance steps 1-4 of the dance, then:

5-6 Make ½ turn left stepping back on right, ½ turn left stepping forward left
7&8& Rock forward right, recover on left, step back on right, hitch left knee dragging left toe to touch in front

Hands go out to side on last count, elbows bent.

