

Rub It In

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Kathy Heller (USA) - July 2010
音樂: Rub It In - Jeff Bates : (CD: Leave The Light On)



Start on the word "Sand"

Alternate Music:-

Let It Roll, Let It Ride by The Notorious Cherry Bombs (130 bpm; CD: Notorious Cherry Bombs)
Smilin' Song by Vince Gill (118 bpm; CD: These Days – disk #1)

[1-8] WALK FORWARD, KICK, WALK BACKWARD, TOUCH

1-4 Walk forward RLR, kick left forward
5-8 Walk backward LRL, touch right next to left

[9-16] VINE RIGHT, VINE LEFT

1-4 Step right to side right, left behind right, right to side right, scuff left
5-8 Step left to side left, right behind left, left to side left, scuff right

[17-24] STEP, SCUFF 4X

1-4 Step forward on right, scuff left, step forward on left, scuff right
5-8 Step forward on right, scuff left, step forward on left, scuff right

[25-32] QUARTER TURN, BUMPS, QUARTER TURN, BUMPS

1-2 Making ¼ turn left, step right to side right & bump to right 2X
3-4 Switch weight to left, and bump to the left 2X
5-6 Making ¼ turn left, step right to side right & bump to right 2X
7-8 Switch weight to left, and bump to the left 2X

NOTE: For a little more fun, this can also be done contra style, walking through the lines on steps 17-24.

Contact: kathyheller04@yahoo.com
