

Rub It In



Choreographed by Jan Wyllie(up date 01.05.04)
Description:32 count, 2 wall, beginner/intermediate
Music: Rub It In by Billy 'Crash' Craddock

STEP RIGHT TO RIGHT, LEFT TOGETHER, SHIMMY, STEP RIGHT TO RIGHT, LEFT TOGETHER, SHIMMY

1-2 Step right to right, step left beside right

&3&4& Move right shoulder back, forward, back, forward, back

Or shimmy properly if you can for &3&4& and &7&8&. Remember, a shimmy moves your shoulders and upper body, not your bump

5-6 Step right to right, step left beside right

&7&8& Move right shoulder back, forward, back, forward, back (shimmy again)

If you hate to shimmy then simply do hip bumps left, right, left in place of the shimmy

RIGHT KICK BALL CHANGE, STRUT RIGHT LEFT, BUMP LEFT HEEL TWICE

1&2 Right leg kick ball change

3-4 Right heel strut forward

5-6 Left heel strut forward

7-8 Bump left heel twice

STEP PIVOT ¼, ROCK FORWARD BACK, STEP BACK, ROCK BACK FORWARD, SHUFFLE FORWARD

1-2 Step forward on right, pivot ¼ turn left transferring weight to left

3&4 Rock/step forward on right, rock back on left, step back on right

5-6 Rock/step back on left, rock forward on right

7&8 Shuffle forward left, right, left

STEP PIVOT ¼, SHUFFLE, WALK LEFT, RIGHT, ROCK LEFT LEFT, ROCK RIGHT RIGHT, STEP LEFT ACROSS RIGHT

1-2 Step forward on right, pivot ¼ turn left transferring weight to left

3&4 Shuffle forward right, left, right

5-6 Walk forward left, right

7&8 Rock/step left to left, rock/return weight to right, step left across right

Dieses Stepsheet wurde von Rapeepun Wolfsperger gemacht am 29.11.05)