

RUB IT IN

(1st place {Country Choreography} – Dance Team Showdown 2000, Fort Wayne, IN)

Music: Rub It In
Matt King

Choreographer: Judy McDonald

This is a 32 count, **four-wall** line dance. Feel the music and *rub it in!*

- R rock, L step, R side shuffle** 1 2 3&4
(step R forward {1}, step L in place {2}, step R to side {3}, step L beside right {&}, step R to side {4})
- L rock, R step, L side shuffle** 5 6 7&8
(step L forward {5}, step R in place {6}, step L to side {7}, step R beside left {&}, step L to side {8})
- R rock, L step, R step side, L step together** 1 2 3 4
(step R forward {1}, step L in place {2}, step R to side {3}, step L beside right {4})
- Toe twists ¼ turn right x 4** 5 6 7 8
(with weight on both heels, twist toes R four times making ¼ turn)
- R step side, L touch, shoulder raises x 3** 1 2 3&4
(step R to side {1}, touch L beside right while raising left shoulder and dropping right shoulder {2}, drop left shoulder and raise right shoulder {3}, drop right shoulder and raise left shoulder {&}, drop left shoulder and raise right shoulder {4})
- L step side, circle hips counter-clockwise** 5 6 7 8
(step L to side {5}, circle hips counter-clockwise for three counts ending with weight on left {6, 7, 8})
- R rock, L step, R side shuffle** 1 2 3&4
(step R forward {1}, step L in place {2}, step R to side {3}, step L beside right {&}, step R to side {4})
- L touch, bend knees, straighten, take weight on L** 5 6 7 8
(touch L slightly forward {5}, bend knees {6}, straighten knees {7}, take weight on L {8}—*add hip bumps to these counts, or do a body roll--hit the breaks!*)

Do what the lyrics tell you the first time you face the back wall--rub your nose, point down at your toes, move those shoulders like your back is being rubbed, and really move that sacroiliac!

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