

# RUB IT IN

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**Count:** 32

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Jan Wyllie

**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 bum**

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

9&10 Right leg kick ball change

11-12 Right heel strut forward

13-14 Left heel strut forward

15-16 Bump left heel twice

## STEP PIVOT $\frac{1}{4}$ , ROCK FORWARD BACK, STEP BACK, ROCK BACK FORWARD, SHUFFLE FORWARD

17-18 Step forward on right, pivot  $\frac{1}{4}$  turn left transferring weight to left

19&20 Rock/step forward on right, rock back on left, step back on right

21-22 Rock/step back on left, rock forward on right

23&24 Shuffle forward left, right, left

## STEP PIVOT $\frac{1}{4}$ , SHUFFLE, WALK LEFT, RIGHT, ROCK LEFT LEFT, ROCK RIGHT RIGHT, STEP LEFT ACROSS RIGHT

25-26 Step forward on right, pivot  $\frac{1}{4}$  turn left transferring weight to left

27&28 Shuffle forward right, left, right

**29-30** Walk forward left, right

**31&32** Rock/step left to left, rock/return weight to right, step left across right

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=36777](https://www.linedance.com/index.php?f=dance_view&id=36777)