

Rub It In

Choreographed by Kathy Heller

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32 count, 2 wall, beginner linedance

Music: Rub It In, by Jeff Bates (120 bpm; 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.