

Scrub Shuffle

Count: 20

Wall: 4

Level: Beginner

Choreographer: Robin Sin (SG)

Music: No Scrubs - TLC



SIDE & TOGETHER, SIDE & TOGETHER

- 1 Step right foot to right side
- & Shift weight to left
- 2 Step right foot beside left foot
- 3 Step left foot to left side
- & Shift weight to right
- 4 Step left foot beside right foot

FORWARD & TOGETHER, BACK & TOGETHER

- 1 Step forward right foot
- & Shift weight back to left
- 2 Step right foot beside left foot
- 3 Step back left foot
- & Shift weight forward to right
- 4 Step left foot beside right foot

RIGHT FORWARD SHUFFLE, LEFT FORWARD SHUFFLE

- 1&2 Step right foot forward, step left foot together, step right foot forward
- 3&4 Step left foot forward, step right together, step left foot forward

ROCK BACK, ½ TURN LEFT, RIGHT FORWARD SHUFFLE

- 5 Rock back on right foot
- 6 Turn ½ turn left (using your right heel) step left foot forward
- 7&8 Step right foot forward, step left foot together, step right foot forward

ROCK, ¼ TURN, STEP SIDE, HIPS BUMPS

- 1 Rock back on left foot
- 2 Turn ¼ turn right, step right foot to right side
- 3&4 Rock bumps right, left, right

REPEAT
