

Scrub Shuffle

拍数: 20 墙数: 4 级数: Beginner
编舞者: Robin Sin (SG)
音乐: 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
