

Scrubs

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gerard Murphy (CAN)
音乐: No Scrubs - TLC



RIGHT POINT FORWARD, CLAP, COASTER STEP, LEFT POINT LEFT, CLAP, AND RIGHT POINT RIGHT AND LEFT POINT FORWARD

1-2 Touch right toes forward, hold with a clap
3&4 Right coaster back - right, left, right
5-6 Touch left toes to left side, hold with a clap
&7&8 Replace left, touch right toes to right side, replace right, touch left toes forward

AND WALK RIGHT, LEFT, RIGHT ¼ LEFT, LEFT KICK BEHIND, LEFT STEP & LEFT KICK BEHIND, LEFT STEP, RIGHT BALL, LEFT CROSS

&9-10 Replace left, step right forward, step left forward
11-12 Step right forward making ¼ turn left, kick left behind right shin
13&14 Step ball of left to left side, step right in place, kick left behind right shin
15&16 Step ball of left to left side, step ball of right in place, cross step left over right

ROCK RIGHT, RECOVER ¼ RIGHT, COASTER STEP, SHUFFLE FORWARD, BUMP & BUMP &

17-18 Step right to right swinging right hip to right, step left in place swinging left hip to left and making a ¼ turn right
19&20 Right coaster back - right, left, right
21&22 Left shuffle forward - left, right, left
23&24& Touch right toes slightly forward and bump right hip forward, bump left hip back, bump right hip forward, bump left hip back

RIGHT HEEL, STEP, LEFT BALL; LEFT HEEL, STEP, RIGHT BALL; SAILOR ¼ LEFT, SAILOR

25&26 Touch right heel forward, step right in place, touch ball of left next to right
27&28 Touch left heel forward, step left in place, touch ball of right next to left
29&30 Right sailor back making a ¼ turn left - right, left, right
31&32 Left sailor back - left, right, left

REPEAT
