

No Scrubs

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Dea Oktovina (INA) - April 2020
音樂: No Scrubs - TLC



Start dancing after 16 counts since the music begun with open position (both feet are apart)
(No Tag, No Restart)

I. OUT-IN STEP WITH HITCH ACTION – OUT-IN STEP WITH JUMPING ACTION – SHOULDER ROLL

- 1&2& Hitch R knee (1), Step RF to R (&), Hitch L knee (2), Step LF to L (&).
3&4 Hitch R knee (3), Step RF inward (&), Step LF next to RF (4).
5-6 Open both feet to both each side with jumping action (5), close both feet with jumping action (6).
7-8 Roll shoulder around (if right shoulder rolling backward then left shoulder rolling forward)

II. BOUNCING SIDE ROCKS WITH WIPING HAND ACTIONS – CLOSE STEP – BOUNCING SIDE ROCKS WITH WIPING HAND ACTIONS – CLOSE STEP

- 1&2 Step RF to R with slightly bouncing action while RH wiping L shouder (1), recover to LF with slightly bouncing action (&), recover to RF with slightly bouncing action while RH wiping L shoulder (2)
3-4 RF step next to LF with slightly bouncing action (3), hold (4)
5&6 Step LF to L with slightly bouncing action while LH wipe R shoulder (5), recover to RH with slightly bouncing action (&), recover to RH with slightly bouncing action while LH wipe R shoulder (6)
7-8 step LF next to RF with slightly bouncing action (7), hold (8)

III. BOUNCING FORWARD MAMBO WITH HAND ACTION – BOUNCING FORWARD MAMBO WITH HAND ACTION – BACKWARD WALK

- 1&2 step RF forward with slightly bended knee action (1), recover to LF (&), step RF next to LF
(Hand Action:
1&2 pull L elbow horizontally to left side on chest level (1), push L elbow to chest front (&), drop LH onto body's side)
3&4 step LF forward with slightly bended knee action (3), recover to RF (&), step LF next to RF
(Hand Action:
3&4 pull R elbow horizontally to right side on chest level (3), push R elbow horizontally to chest front (&), RH drop on to body's side)
5-8 walk backward on RF (5), LF (6), RF (7), LF (8).

IV. TURN ¼ TO RIGHT – FORWARD WALK – MODIFIED COASTER STEP – KICK BALL STEP – OUT STEP

- 1-2 turn 1/4 to right then walk forward on RF, LF (03.00)
3&4 step RF forward (3), turn 1/2 to left (9.00) then step LF next to RF (&), step RF forward (4).
5&6 kick LF forward(5), step LF next to RF (&), step RF forward (6).
7&8 step LF forward (7), step RF outward diagonally to right (&), step LF outward diagonally to left (8).

ENJOY THE DANCE

For more information, please contact me on:
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