

# Scrub Shuffle

拍數: 20      牆數: 4      級數: Beginner  
編舞者: Robin Sin (SG)  
音樂: 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

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