

# SCRUBS

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Gerard Murphy

**Music:** No Scrubs by 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**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=37408](https://www.linedance.com/index.php?f=dance_view&id=37408)