## Spin Subdiffusion in the Disordered Hubbard Chain

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We derive and study an effective spin model that explains the anomalous spin dynamics in the onedimensional Hubbard model with strong potential disorder. Assuming that charges are localized, we show that spins are delocalized and their subdiffusive transport originates from a singular random distribution of spin exchange interactions. The exponent relevant for the subdiffusion is determined by the Anderson localization length and the density of the electrons. Although the analytical derivations are valid for low particle density, numerical results for the full model reveal a qualitative agreement up to half filling.

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Introduction.—The many-body localization (MBL) [\[1,2\]](#page-4-0) has recently been intensively studied. A vast amount of numerical data allowed us to identify the main properties of MBL systems: vanishing steady transport, [3–[10\]](#page-4-1) absence of thermalization [11–[31\],](#page-4-2) and logarithmic growth of entanglement entropy [\[15,17,32](#page-4-3)–35]. It has also been found that MBL prevents a driven system from heating up [\[9,36](#page-4-4)–41]. These unusual properties can be explained via the existence of a macroscopic number of local integrals of motion [\[12,25,26,42](#page-4-5)–47].

While most theoretical studies so far concentrated on the one-dimensional (1D) disordered model of interacting spinless fermions, experiments on MBL are performed on cold-fermion lattices [\[14,48](#page-4-6)–50] in which the relevant model is the Hubbard model with spin- $1/2$  fermions, whereby the disorder enters only via a random (or quasiperiodic) charge potential. Recent numerical studies of such a model [\[47,51](#page-5-0)–53] reveal that even at strong disorder, localization and nonergodicity occur only in the charge subsystem, implying a partial MBL. Unless one also introduces an additional random magnetic field [\[47,54\]](#page-5-0), the spin remains delocalized [\[52,55](#page-5-1)–59] although the spin transport is anomalously slow and subdiffusive [\[52\]](#page-5-1).

In this Letter, we focus on an explanation of the slow spin dynamics and subdiffusion within the disordered 1D Hubbard model. We first demonstrate that in the case of potential disorder and low particle density the spin dynamics can be described by a squeezed isotropic Heisenberg model, whereby the distribution of the random exchange interactions is singular. Such an effective model can be studied numerically quite in detail, but also analytically by taking into account that the 1D spin dynamics is dominated by weak links. In this manner, we show that spin excitations spread over distance  $M$  in a characteristic time  $t$  such that

 $M \propto t^{\alpha}$  with  $\alpha \simeq \lambda/(d+\lambda)$ , where d is the average distance<br>between singly occupied sites and  $\lambda$  is determined by the between singly occupied sites and  $\lambda$  is determined by the Anderson localization length in the noninteracting system. Although the mapping on the Heisenberg model is valid for dilute systems  $d \gg 1$ , numerical results for strongly disordered Hubbard model reveal that the same qualitative spin dynamics remains valid for all densities even up to half filling.

Model.—Our aim is to establish the spin dynamics in the disordered Hubbard chain,

$$
H = -t_h \sum_{i\sigma} (c_{i+1\sigma}^{\dagger} c_{i\sigma} + \text{H.c.}) + \sum_i \varepsilon_i n_i + U \sum_i n_{i\uparrow} n_{i\downarrow}, \quad (1)
$$

where  $n_i = n_{i\uparrow} + n_{i\downarrow}$  and  $n_{i\sigma} = c_{i\sigma}^{\dagger} c_{i\sigma}$ . We study the model<br>with *I* sites and *N* electrons fixing also the total spin with  $L$  sites and  $N$  electrons, fixing also the total spin projection  $S_{\text{tot}}^z = 0$ . We assume a uniform distribution of random charge potentials  $\varepsilon \in [-W, W]$  and we set the random charge potentials,  $\varepsilon_i \in [-W, W]$ , and we set the hopping integral  $t_i = 1$ hopping integral  $t<sub>h</sub> = 1$ .

Two electrons.—In order to gain a preliminary insight to the spin dynamics, we first study two electrons. The dynamics of a few interacting spinless particles has been studied previously [60–[62\].](#page-5-2) Here, we study for illustration  $N = 2$  electrons with opposite spin projections that propagate on the chain with  $L = 16$  sites. Assuming that particles are initially at sites j and l,  $|\psi(0)\rangle = c_{i\downarrow}^{\dagger} c_{j\uparrow}^{\dagger} |0\rangle$ , the propagation of  $|\psi(t)\rangle$  is obtained via exact diagonalization. Figures [1\(a\)](#page-1-0) and [1\(b\)](#page-1-0) show, respectively, the time dependence of the local spin  $\langle S_i^z \rangle(t) = \frac{1}{2} \langle \psi(t) | n_{i\uparrow} - n_{i\downarrow} | \psi(t) \rangle$  and<br>the density  $\langle n \rangle(t) = \langle \psi(t) | n_{i\uparrow} \rangle$  for one configuration the density  $\langle n_i \rangle(t) = \langle \psi(t) | n_i | \psi(t) \rangle$  for one configuration of  $\varepsilon_i$  corresponding to  $W = 8$ . Although for such strong disorder the charge degrees appear to be fully localized, spins undergo oscillations.

<span id="page-1-0"></span>

FIG. 1. Two electrons on the disordered Hubbard chain. (a), (b)  $\langle S_i^z \rangle(t)$  and  $\langle n_i \rangle(t)$  for a single initial state and single<br>realization of disorder (c) (d) Frequency  $\omega_0$  of spin oscillation realization of disorder. (c),(d) Frequency  $\omega_2$  of spin oscillation obtained directly from the Hubbard model [see panel (a)] compared with Eq. [\(4\)](#page-1-3). The distance between electrons is fixed at  $d = 4$  (c) and  $d = 6$  (d).

Effective spin model.—The coexistence of almost frozen charges and oscillating spins suggests that one can derive an effective spin model, e.g., see Refs. [\[63,64\]](#page-6-0). To this end, we use the Anderson states as the basis; i.e., we use the single-particle eigenstates,  $\phi_{ia} = \langle i | a \rangle$ , of the noninteracting  $(U = 0)$  model. Then,

<span id="page-1-1"></span>
$$
H = \sum_{a\sigma} \epsilon_a c_{a\sigma}^{\dagger} c_{a\sigma} + \frac{U}{2} \sum_{ad'bb'\sigma} \chi_{a'b'}^{ab} c_{a\sigma}^{\dagger} c_{b\bar{\sigma}}^{\dagger} c_{b'\bar{\sigma}} c_{a'\sigma},
$$
  

$$
\chi_{a'b'}^{ab} = \sum_{i} \phi_{ia}^* \phi_{ib}^* \phi_{ib'} \phi_{ia'}.
$$
 (2)

<span id="page-1-2"></span>Assuming that the charge dynamics is frozen, the main effect arising from the presence of the Coulomb interaction comes from terms with either  $a = a'$ ,  $b = b'$  or  $a = b'$ ,  $b = a'$ . Then the Hubbard term in Eq. (2) can be written in  $b = a'$ . Then, the Hubbard term in Eq. [\(2\)](#page-1-1) can be written in a SU(2)-invariant form a SU(2)-invariant form

$$
H_U = \frac{1}{2} \sum_{a \neq b} J_{ab} \left( \frac{1}{4} n_a n_b - \vec{S}_a \cdot \vec{S}_b \right),\tag{3}
$$

<span id="page-1-3"></span>where we use standard density and spin operators:  $n_a =$  $n_{a\uparrow} + n_{a\downarrow}, S_a^z = \frac{1}{2}(n_{a\uparrow} - n_{a\downarrow}), S_a^+ = c_{a\uparrow}^{\dagger} c_{a\downarrow}, S_a^- = c_{a\downarrow}^{\dagger} c_{a\uparrow}.$ <br>The effective exchange interestion is forward another The effective exchange interaction is ferromagnetic

$$
J_{ab} = 2U\chi_{ab}^{ab} = 2U\sum_{i} |\phi_{ia}|^2 |\phi_{ib}|^2.
$$
 (4)

In Eq. [\(3\)](#page-1-2) we have omitted the term  $U\sum_{a} \chi_{aa}^{aa} n_{a\uparrow} n_{a\downarrow}$ . Since there is no direct hopping between the Anderson states,  $n_{a\uparrow}n_{a\downarrow}$  remains frozen.

In order to test the approximate equation [\(4\),](#page-1-3) we consider  $N = 2$  electrons with opposite spins, located at sites j and  $j + d$ . We evaluate the spin-oscillation frequency,  $\omega_2$ , directly from results for the Hubbard model; see Fig. [1\(a\)](#page-1-0). For the same set of  $\varepsilon_i$ , we then identify Anderson states a, b that maximize  $|\phi_{ja}|^2$  and  $|\phi_{j+db}|^2$ , respectively. This enables the calculation of  $J_{ab}$  from Eq. [\(4\)](#page-1-3) that should lead to spin oscillations  $\langle S_{j,l}^z \rangle = \pm \frac{1}{2} \cos(J_{ab}t)$ . Figures [1\(c\)](#page-1-0) and [1\(d\)](#page-1-0) show correlations between  $\omega_2$  and  $J_{ab}$  for various realizations of disorder and various distances d between the electrons. One finds that indeed  $\omega_2 \simeq J_{ab}$  for strong disorder  $W \gg 1$  and  $d \gg 1$ .

<span id="page-1-4"></span>For a low density of carriers and a larger disorder, the maxima of the occupied Anderson states  $a$  and  $b$  are typically separated by  $x_{ab} > \xi$ , exceeding the singleparticle localization length, ξ. Then, one obtains an approximate relation

$$
J_{ab} \simeq 2U \exp(-x_{ab}/\lambda), \qquad \lambda \sim \xi. \tag{5}
$$

The squeezed spin model.—Assuming that charges are frozen to the initial occupations  $n_i = 0, 1, 2$ , it is evident that the effective spin model [\(3\)](#page-1-2) acts only on singly occupied sites with  $n_i = 1$ . The spin dynamics of the Hubbard model at high temperatures  $T \gg W$ , U can be then studied by first randomly positioning  $N$  electrons on  $L$ sites. This allows us to establish the distribution of distances between the singly occupied sites as well as the distribution of the effective  $J_{ab}$ , using Eq. [\(4\)](#page-1-3) or its simplified version, Eq. [\(5\).](#page-1-4) Because of the exponential decay of  $J_{ab}$ , we consider only couplings between the neighboring singly occupied sites. The effective Heisenberg model on a squeezed chain then reads

$$
H_H = -\sum_i J_i \vec{S}_i \cdot \vec{S}_{i+1},\tag{6}
$$

where the summation is carried out over singly occupied sites  $n_i = 1, i \in \{1, ..., \tilde{N}\}\$  with  $\tilde{N} \leq N$ . Note that at infinite temperature, the average lattice spacing in the effective model equals  $d = L/\tilde{N} = (\bar{n} - \bar{n}^2/2)^{-1}$ , where  $\bar{n} = N/L$  is the average filling in the original Hubbard model.

In order to establish the probability distribution of  $J_i$ , we first consider a section of length  $L \gg 1$ , where we randomly choose the continuous positions of  $\ddot{N}=L/d$ points. The probability density for the distances between the neighboring points is  $f_d(x) = (1/d) \exp(-x/d)$ . Although the latter result has formally been obtained for continuous positions of points, it should hold true also for discrete positions of singly occupied sites provided that  $d \gg 1$ . Using this result, one may find the probability density for the random exchange interaction  $f_J(J)$ . To this <span id="page-2-0"></span>end, we use Eq. [\(5\)](#page-1-4) and compare the cumulative distribution functions

$$
\int_0^y dx \frac{1}{d} \exp\left(-\frac{x}{d}\right) = \int_{2U \exp(-y/\lambda)}^{2U} dJ f_J(J). \tag{7}
$$

<span id="page-2-1"></span>Taking the derivative of Eq.  $(7)$  with respect to y and introducing the dimensionless interaction  $\tilde{J} = J/2U$ , one gets

$$
f_{\tilde{J}}(\tilde{J}) = \tilde{\lambda}\tilde{J}^{\tilde{\lambda}-1}, \qquad \tilde{\lambda} = \lambda/d.
$$
 (8)

Since the latter distribution was derived from Eq. [\(5\)](#page-1-4), it holds for  $\lambda/d \ll 1$ . It is clear that the interaction U sets the energy scale (and the time scale) of the effective model, whereas the qualitative spin dynamics depends on the ratio between the effective localization length  $\lambda$  and the interparticle distance d. The important message is that for low doping ( $d \gg 1$ ) and strong disorder ( $\lambda \sim 1$ ) one obtains  $\tilde{\lambda} \ll 1$ with the distribution of  $\tilde{J}$  being singular at  $\tilde{J} = 0$ . Still,  $\lim_{\delta \to 0^+} \int_0^{\delta} d\tilde{J} f_{\tilde{J}}(\tilde{J}) = 0$ ; hence the probability for cutting the Heisenberg chain into disconnected subchains is vanthe Heisenberg chain into disconnected subchains is vanishingly small. Note that singularity in Eq. [\(8\)](#page-2-1) is integrable for  $\tilde{\lambda} > 0$ .

In order to test the accuracy of Eq.  $(8)$ , we have also numerically generated the distribution of  $\tilde{J} = J_{ab}/2U$ directly from Eq. [\(4\)](#page-1-3), in the same way as discussed for the  $N = 2$  case. The positions of the two electrons l and j have been randomly chosen in such a way that the distance  $x = |l - j|$  is distributed according to  $f<sub>d</sub>(x)$  for various d. The numerical results for  $W = 4$  and 8 are shown in Figs. [2\(a\)](#page-2-2) and [2\(b\),](#page-2-2) respectively. These results have been fitted by Eq. [\(8\)](#page-2-1), whereby we adjusted a single parameter  $\lambda$ for all values of d. We have obtained  $\lambda \approx 0.75$  and  $\lambda \approx 0.4$ for  $W = 4$  and  $W = 8$ , respectively. Although Eq. [\(8\)](#page-2-1) has been derived for  $d \gg 1$ , it turns out to remain qualitatively valid also for  $d = 2$ , i.e., for the average distance between singly occupied sites in the half-filled Hubbard model. We conclude that Eq. [\(8\)](#page-2-1) accurately describes  $f_{\tilde{I}}(J)$  at least for small  $\tilde{J}$ , i.e., in the regime that is essential for the long-time spin dynamics.

<span id="page-2-3"></span>Local spin correlations.—We first calculate the timedependent local spin correlations at infinite temperature,

$$
S_L(t) = \langle S_i^z S_i^z(t) \rangle = \frac{1}{\text{Tr}\, 1} \langle \text{Tr}[S_i^z(t) S_i^z] \rangle_{\text{dis}},\tag{9}
$$

where the spin evolution is determined by the effective  $H<sub>H</sub>$ . We take the random interaction  $J_i = \tilde{J}$  as given by Eq. [\(8\)](#page-2-1); i.e., we express time in units of  $1/2U$ . The term  $\langle ... \rangle_{\text{dis}}$ means averaging over various realizations of  $J_i$ , and we use at least 2000 disorder samples.

Figures [2\(c\)](#page-2-2) and [2\(d\)](#page-2-2) show  $S_L(t)$ . For longer times and  $\lambda$  < 1, one observes power-law decay  $S_L(t) \propto (2Ut)^{-\alpha}$ 

<span id="page-2-2"></span>

FIG. 2. Points in (a),(b) show  $\tilde{J}f_{\tilde{J}}(\tilde{J})$ , generated directly from Eq. [\(4\)](#page-1-3) for  $N = 2$  electrons at the average distance d, whereby results have been fitted to Eq. [\(8\)](#page-2-1) by adjusting a single  $\lambda$  (for all d). (c),(d) Local spin correlation function [Eq. [\(9\)\]](#page-2-3) for the effective model with various numbers of spins  $\tilde{N}$ . The results for  $t \in [10, 50]$  with the largest  $\tilde{N}$  are fitted by  $S_L(t) \propto t^{-\alpha}$  shown as the dashed line as the dashed line.

with  $\alpha$  < 1/2; hence, the spin dynamics is clearly sub-diffusive. In Fig. [3\(a\)](#page-3-0) we demonstrate  $\alpha$  obtained from fitting numerical results by  $S_L(t) \propto t^{-\alpha}$  in the time window  $t \in [10, 50]$ . The main message coming from these studies  $t \in [10, 50]$ . The main message coming from these studies<br>is that  $\alpha > 0$  for arbitrary nonzero  $\tilde{i} > 0$  i.e., for arbitrary is that  $\alpha > 0$  for arbitrary nonzero  $\tilde{\lambda} > 0$ , i.e., for arbitrary nonzero filling. For  $\tilde{\lambda} \ll 1$  we obtain the exponent  $\alpha \simeq \tilde{\lambda}$ . Still, it should be noted that the distribution [\(8\)](#page-2-1) is singular only for  $\tilde{\lambda} < 1$ , which should be the regime of subdiffusion. For  $\tilde{\lambda} \ll 1$  the finite size effects are negligible [Fig. [2\(c\)\]](#page-2-2) but become significant for larger  $\tilde{\lambda}$ , Fig. [2\(d\)](#page-2-2). Nevertheless, for the regime with  $\tilde{\lambda} \approx 1$  (relevant for larger filling  $\bar{n} \sim 1$ and/or weaker disorder), our results shown in Fig. [2\(d\)](#page-2-2) are consistent with normal spin diffusion with  $\alpha = 1/2$ , which is also expected in the weakly disordered Hubbard model. Results in Figs. [2\(c\)](#page-2-2), [2\(d\),](#page-2-2) and [3\(a\)](#page-3-0) support the scenario that the spin excitations spread subdiffusively due to the singular distribution of random exchange interactions, Eq. [\(8\).](#page-2-1)

Single weak-link scenario.—To explain the relation of the subdiffusive dynamics and the singular distribution of  $\tilde{J}_i$ , we consider a single spin excitation and estimate the time  $t$  in which the excitation spreads over  $M$  sites in the effective Heisenberg chain. We assume the weak-link scenario, in which the long time dynamics is governed by rare regions with the smallest  $J_i$ . A similar approach has been used to describe the subdiffusive transport of spinless

<span id="page-3-1"></span>particles in the vicinity of the MBL transition [\[5,50,65,66\]](#page-4-7) or in quasiperiodic potential [\[67\].](#page-6-1) Here, we assume that  $t \sim 1/(2U\tilde{J}_m)$ , where  $\tilde{J}_m$  is the weakest exchange out of  $\tilde{J}_i$ <br>for  $i = 1$  *M*. The probability that each random  $\tilde{J}_i$  is for  $i = 1, ..., M$ . The probability that each random  $\tilde{J}_i$  is larger than  $\tilde{J}_i$  is larger than  $\tilde{J}_0$  is

$$
\left(\int_{\tilde{J}_0}^1 d\tilde{J} f_{\tilde{J}}(\tilde{J})\right)^M = \int_{\tilde{J}_0}^1 d\tilde{J}_m f_m(\tilde{J}_m),\tag{10}
$$

where  $f_m(\tilde{J}_m)$  is the probability density for the smallest<br>interaction Using Eq. (8) and calculating the derivative of interaction. Using Eq. [\(8\)](#page-2-1) and calculating the derivative of Eq. [\(10\)](#page-3-1) with respect to  $\tilde{J}_0$ , one finds the distribution function  $f_m(\tilde{J}_0) = \tilde{\lambda} M \tilde{J}_0^{\tilde{\lambda}-1} (1 - \tilde{J}_0^{\tilde{\lambda}})^{M-1}$ . Then, the expect-<br>ation value of the smallest exchange interaction out of M ation value of the smallest exchange interaction out of M random  $\tilde{J}_i$  reads

$$
\langle \tilde{J}_m \rangle = \int_0^1 d\tilde{J}_m f_m(\tilde{J}_m) \tilde{J}_m \simeq \Gamma \left( 1 + \frac{1}{\tilde{\lambda}} \right) M^{-1/\tilde{\lambda}}, \qquad (11)
$$

where we have used formulas for asymptotics at  $M \gg 1/\tilde{\lambda}$ . So we find the relation between the spread of the spin excitations  $\Lambda$  and  $t$  as

$$
\Lambda \sim Md \propto (2Ut)^{\tilde{\lambda}}, \qquad S_L(t) \propto M^{-1} \propto (2Ut)^{-\tilde{\lambda}}.
$$
 (12)

The exponent  $\alpha = \tilde{\lambda}$  is the same as that previously obtained<br>from numerical studies of the effective Heisenberg model from numerical studies of the effective Heisenberg model for  $\tilde{\lambda} \ll 1$ .

Multiple weak-link scenario.—The simple single-weak link scenario breaks down for  $\tilde{\lambda} \sim 1$ , where  $\alpha \simeq \tilde{\lambda}/2$  instead of  $\lambda$ , as shown in Fig. [2\(d\)](#page-2-2). As a more general explanation for the subdiffusive transport, we consider distribution of effective hopping times between neighboring sites in the squeezed spin model. The relevant dimensionless quantity is  $\tau = 1/\tilde{J}$ . Using Eq. [\(8\)](#page-2-1), one finds the probability density  $f_{\tau}(\tau) = \tilde{\lambda}/\tau^{\tilde{\lambda}+1}$ . For such a broad distribution of hopping times in a *classical* model of random trans [68,69], one gets times in a *classical* model of random traps [\[68,69\]](#page-6-2), one gets subdiffusive transport  $\Lambda \propto (2Ut)^{\alpha}$  where  $\alpha = \tilde{\lambda}/(1+\tilde{\lambda})$ <br>for  $\tilde{\lambda} < 1$ . In the latter model, a classical particle may be for  $\tilde{\lambda}$  < 1. In the latter model, a classical particle may hop between neighboring traps in time  $\tau$ . The hopping time  $\tau$ is randomly chosen for each site, but it remains the same for each visit of the same site. This simple model quite accurately reproduces the dynamical exponent  $\alpha$  for arbitrary  $\tilde{\lambda}$ , as shown in Fig. [3\(a\),](#page-3-0) whereas for  $\tilde{\lambda} \ll 1$  it gives the same relation as the single weak-link scenario. For  $\tilde{\lambda} \ll 1$ , the transport (in both scenarios) is governed by the weakest links. However, in order to describe the entire subdiffusive regime, one should go beyond the single weak-link picture and also account for other links.

Comparison with the Hubbard model.—Finally, we compare our analytical predictions with numerical results obtained directly for the Hubbard model. The timedependent local spin correlation function  $S_L(t)$  at infinite

<span id="page-3-0"></span>

FIG. 3. (a) Dynamical exponent  $\alpha$  vs  $\tilde{\lambda}$  obtained for the squeezed model. (b),(c) Spin-spin correlation function obtained for the Hubbard model  $(L = 18, N = 6)$  and compared with  $t^{-\alpha}$ <br>(dashed line), where  $\alpha = \lambda/(1+d)$  (d)  $\alpha$  in the Hubbard model (dashed line), where  $\alpha = \lambda/(\lambda + d)$ . (d)  $\alpha$  in the Hubbard model  $(U = 2, W = 8,$  various N and L).  $\lambda$  in (b)–(d) is obtained from fits in Fig. [2\(b\).](#page-2-2)

temperature has been obtained using the microcanonical Lanczos method (MCLM) [\[70,71\]](#page-6-3) (in analogy to the imbalance correlations presented previously [\[52\]\)](#page-5-1) for the Hubbard model with  $L = 18$  and  $N = 6$ ; i.e.,  $d \approx 3.5$ . The results are shown in Figs.  $3(b)$  and  $3(c)$  together with the analytical prediction,  $S_L(t) \propto (2Ut)^{-\alpha}$  with  $\alpha =$  $\lambda/(\lambda+d)$  and  $\lambda$  obtained from fits in Fig. [2\(b\)](#page-2-2). Despite significant finite size effects, one observes that the latter estimate correctly describes the subdiffusive spin dynamics in the Hubbard model at low filling  $\bar{n} \ll 1$ . In particular, exponent  $\alpha$  obtained directly from the Hubbard model weakly depends on U.

Moreover, one can consider the validity of the subdiffusion scenario in the full Hubbard model beyond the limit of low filling. It has previously been found that spins reveal a subdiffusive dynamics even for  $\bar{n} = 1$  [\[52\].](#page-5-1) We therefore analyze the MCLM results for  $S_L(t) \propto t^{-\alpha}$  considering<br>various system sizes  $I = 14, 16, 18$  and various numbers various system sizes  $L = 14$ , 16, 18 and various numbers of electrons N. For the time window  $t \in [1, 10]$ , we extract<br>the dynamical exponent  $\alpha$  and compare with  $\alpha = \lambda/( \lambda + d)$ the dynamical exponent  $\alpha$  and compare with  $\alpha = \lambda/(\lambda + d)$ , as shown in Fig. [3\(d\).](#page-3-0) Our approach works even up to  $\bar{n} = 1$ since the average distance between singly occupied sites  $d \geq 2$ , while  $\lambda < 1$  provided that the disorder is sufficiently strong. In particular, for  $W = 8$  and  $\bar{n} \le 1$ , we have estimated that  $\tilde{\lambda} \lesssim 0.2$ .

Conclusions.—In this Letter, we presented an explanation for the anomalous spin dynamics in a 1D Hubbard model with large potential disorder in the regime of partial MBL, where the charge dynamics appears to be frozen whereas spins exhibit ergodic but subdiffusive transport [\[52\]](#page-5-1). We have derived an effective isotropic Heisenberg model with random exchange interactions between neighboring singly occupied sites  $J_i$ . Our derivation is formally best applicable to the regime of low filling,  $\bar{n} \ll 1$ , and strong disorder. The main origin of the subdiffusive behavior then appears to be the singular distribution of the effective exchange interaction  $J_i$  with the crucial parameter  $\tilde{\lambda} = \lambda/d$  representing the ratio of the single-<br>particle Anderson localization length and the average particle Anderson localization length and the average distance between singly occupied sites. Results for the Hubbard model reveal that such a scenario seems to remain qualitatively valid beyond the considered limits of low filling, even at  $\bar{n} = 1$ , provided that the disorder is sufficiently strong. It appears that there is no threshold filling  $\bar{n}_c$ , below which spins would also become localized and full MBL would prevail.

There are still questions concerning the dynamics within the disordered Hubbard model, also being relevant to coldatom experiments on MBL [\[14,48](#page-4-6)–50]. Our derivation of the effective model remains on the level of spin dynamics, while charge degrees are assumed to be frozen. It is evident that higher order terms in the Anderson basis, following from Eq. [\(2\),](#page-1-1) would also lead to the dynamical coupling between charge and spin degrees of freedom. Since the spin dynamics is ergodic, it is not excluded that charges would also eventually delocalize, but then on much larger time scales.

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