

Bump 'n Grind

Count: 48

Wand: 2

Ebene: Improver

Choreograf/in: Jan Wyllie (AUS)

Musik: Bump N Grind - Ronnie Beard



Start after count 40 on the word 'cheer'

- 1-2-3-4 Step right to right, step left behind right, step right to right, touch left beside right keeping weight on right
- 5-6-7-8 Bump hips left, right, left, right
- 9-10-11-12 Step left to left, step right behind left, step left to left, touch right beside left keeping weight on left
- 13-14 Step forward on right, pivot $\frac{1}{4}$ left transferring weight to left (put lots of hip action into this)
- 15-16 Step forward on right, pivot $\frac{1}{4}$ left transferring weight to left (put lots of hip action into this)
- 17&18 Shuffle forward right, left, right making $\frac{1}{2}$ turn left
- 19-20 Rock/step back on left, rock forward on right
- 21&22 Shuffle forward left, right, left
- 23-24 Rock/step forward on right, rock back on left
- 25&26 Shuffle back right, left, right
- 27-28 Touch left toe back, unwind $\frac{1}{2}$ left taking weight on right
- 29&30 Shuffle back left, right, left
- 31-32 Rock/step back on right, rock forward on left
- 33-34 Step forward on right toward right diagonal, slide left to right keeping weight on right
- 35-36 Rock weight back onto left, rock weight forward onto right (hip bumps)
- 37-38 Step forward on left towards left diagonal, slide right to left keeping weight on left
- 39-40 Rock weight back onto right, rock weight forward onto left (hip bumps)
- 41-42 Step back on right towards right diagonal, stomp left beside right and clap
- 43-44 Step back on left towards left diagonal, stomp right beside left and clap
- 45-46 Step back on right towards right diagonal, stomp left beside right and clap
- 47-48 Step back on left towards left diagonal, stomp right beside left and clap

REPEAT
