

# Bump 'n' Grind

Count: 0

Wand: 1

Ebene: Intermediate/Advanced

Choreograf/in: Nicki Rogers (UK)

Musik: She Bangs - Ricky Martin



Sequence: ABB, Tag, ABB, Tag, CBBB

## SECTION A

- |         |   |
|---------|---|
| 1-4     | Right vine with left scuff  |
| 5-6-7&8 | Left chasse rock back on right  |
| 1&2     | Right kick ball change  |
| 3&4     | Right kick ball change  |
| 5-6-7&8 | Walk right, left, right shuffle   |
| 1&2     | Left kick ball change   |
| 3&4     | Left kick ball change   |
| 5-6-7&8 | Walk left, right, left shuffle  |
| 1-2-3&4 | Right rock forward, triple half turn  |
| 5-6-7&8 | Left rock forward, coaster  |
| 1-4     | Right side rock, sailor   |
| 5-8     | Left side rock, sailor  |
| 1-4     | Right kick front, kick side, coaster  |
| 5-8     | Left kick front, kick side, coaster   |
| 1-4     | Monterey half   |
| 5-8     | Monterey half   |
| 1&2-3-4 | Right side chasse, rock back left   |
| 5&6-7-8 | Left side chasse, rock back right   |
| 1-2&3-4 | Syncopated vine, touch right to right side                                  |
| 5-6-7-8 | Step right behind left, touch left to left side, step left to front, unwind |
| 1-2-3-4 | Right jazz box  |
| 5&6&7-8 | Heel switches right, left, right, clap, clap                                |
| 1&2&3-4 | Heel switches left, right, left, clap, clap                                 |
| 5-6     | Right step, wiggle bum  |
| 7-8     | Left step, wiggle bum   |
| 1-2     | Right to side, back in, weight onto right                                   |
| 3-4     | Left to side, back in, weight onto left (left slightly behind right)        |
| 5-8     | Sit down, stand up, sit down, stand up                                      |

## SECTION B

- |     |                       |
|-----|-----------------------|
| 1-4 | Two right Elvis knees |
| 5-8 | Two left Elvis knees  |

1-4 Right front, side, switch, switch  
 5-8 Right front, side, switch, switch

1-4 Shoulder pops right, left, right, left(on last, bring right to left and change weight)  
 5-8 Shoulder pops left, right, left, right(on first, left out, on last left in)

1-4 Right rock forward, triple half  
 5-6-7&8 Left rock forward, recover, coaster

### SECTION C

1-2-3&4 Right rock forward,  $\frac{3}{4}$  turn  
 5-6-7&8 Left rock forward, coaster

1-2-3&4 Skate right, left, right shuffle  
 5-6-7&8 Skate left, right, left shuffle

1-2-3&4 Right cross rock, right chasse  
 5-6-7&8 Left cross rock, left chasse

1-2-3&4 Right rock forward,  $\frac{3}{4}$  turn  
 5-6-7&8 Left rock coaster

1-2&3-4 Syncopated vine to right, touch right to right side  
 5-8 Step right behind left, touch left to left side, step left to front, unwind

1-4 Right jazz box  
 5&6&7-8 Heel switches right, left, right, clap, clap

1&2&3-4 Heel switches left, right, left, clap, clap  
 5-6 Right step, wiggle bum  
 7-8 Left step, wiggle bum

1-2 Right to side, back in, weight onto right  
 3-4 Left to side, back in, weight onto left (left slightly behind right)  
 5-8 Sit down, stand up, sit down, stand up

1-4 Hold

### TAG

1&2 Right rock and cross  
 3&4 Left rock and cross  
 5-8 Right jazz box

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