

# Bump & Rock

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: D.J. Lansaw (USA)

Musik: Take Me - Lari White



## HIP BUMPS

- 1-2 Step left foot slightly to left side (shoulder width apart), bump hips left twice  
3-4 (Keeping feet in place) bump hips right twice  
5-8 Bump hips left, right, left, right (weight on right)

## ROCK STEPS FORWARD AND BACKWARD

- 9-10 Step left forward, recover weight to right foot (keep right foot in place)  
11-12 Step left backward, recover weight to right foot  
13-16 Repeat steps 9-12

## LEFT STEP FORWARD, RIGHT SLIDE, LEFT STEP FORWARD, RIGHT SCUFF, RIGHT STEP FORWARD, LEFT SLIDE, RIGHT STEP FORWARD, LEFT SCUFF

- 17-18 Step left foot forward, slide right foot up next to left foot  
19-20 Step left foot forward, scuff right foot forward  
21-22 Step right foot forward, slide left foot up next to right foot  
23-24 Step right foot forward, scuff left foot forward

## LEFT STEP FORWARD, ½ PIVOT RIGHT, LEFT STEP LEFT SIDE, RIGHT TOUCH, RIGHT STEP RIGHT SIDE, STEP LEFT NEXT TO RIGHT, RIGHT STEP RIGHT SIDE, LEFT TOUCH

- 25-26 Step left foot forward, pivot ½ turn right shifting weight to right foot  
27-28 Step left foot to left side, touch right toe next to left foot  
29-30 Step right foot to right side, step left foot next to right foot  
31-32 Step right foot to right side, touch left toe next to right foot (weight on right foot)

## REPEAT

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