

# Bump-N-Grind

Count: 48

Wand: 2

Ebene: Improver

Choreograf/in: Jo Thompson Szymanski (USA) & Jamie Marshall (USA)

Musik: Bump N Grind - Ronnie Beard



## **POINT RIGHT, TOGETHER, POINT RIGHT, TOGETHER, VINE RIGHT 3, TOUCH**

- 1-2 Touch right toe to right side with right hip bump, touch right beside left (hips center)
- 3-4 Touch right toe to right side with right hip bump, touch right beside left (hips center)
- 5-7 Step right foot to right side, step left foot crossed behind right, step right foot to right side
- 8 Touch left beside right

## **HIP CIRCLE LEFT TWO TIMES, VINE LEFT, ¼ TURN LEFT, TOUCH**

- 1-2 Touch left foot to left side, circle hips forward and left, finish hip circle back and right
- 3-4 Circle hips forward and left, finish hip circle back and right
- 5-7 Step left foot to left side, step right foot crossed behind left, turn ¼ left and step forward with left foot
- 8 Touch right beside left

## **HIP BUMPS FORWARD, BACK, BACK, FORWARD**

- 1&2 Place right foot forward to right front diagonal, bump hips right, left, right shifting weight forward to right foot
- 3&4 Bump hips left, right, left shifting weight back to left foot
- 5&6 Place right foot back to right back diagonal, bump hips right, left, right shifting weight back to right foot
- 7&8 Bump hips left, right, left shifting weight forward to left foot

## **¼ TURN LEFT 4 TIMES**

- 1-2 Step right foot forward, turn ¼ left shifting weight to left foot
- 3-4 Step right foot forward, turn ¼ left shifting weight to left foot
- 5-6 Step right foot forward, turn ¼ left shifting weight to left foot
- 7-8 Step right foot forward, turn ¼ left shifting weight to left foot

**Optional hip circle to the left with each ¼ turn**

## **TRIPLE RIGHT, ROCK BACK, RECOVER, TRIPLE LEFT, ROCK BACK, RECOVER**

- 1&2 Step right foot to right side, step together with left, step right foot to right side
- 3-4 Rock back with ball of left foot, recover weight forward to right foot
- 5&6 Step left foot to left side, step together with right, step left foot to left side
- 7-8 Rock back with ball of right foot, recover weight forward to left foot

## **KICK BALL CHANGE, KICK BALL CHANGE, STEP, HOLD, ¼ TURN LEFT, HOLD**

- 1&2 Kick forward with right foot, rock back with ball of right foot, recover weight forward to left foot
- 3&4 Kick forward with right foot, rock back with ball of right foot, recover weight forward to left foot
- 5-6 Step forward with right foot, hold
- 7-8 Turn ¼ left shifting weight to left foot, hold allowing right leg to relax and come closer to the left leg

### **Optional styling**

- 5 Thrust hips forward pulling fists down and back
- 6 Relax hips back to center
- 7 As you are turning, circle hips back and to the right
- 8 Settle hips to the left allowing right leg to relax and come closer to the left leg

**REPEAT**

