

# Bump N Grind

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Michelle Perry (UK)

Music: Feel The Same Way Too - The Rankin Family



## KICK RIGHT, LEFT, RIGHT TWICE, CROSS OVER, SWIVEL FEET

- 1&2 Kick right foot out, back to place, kick left foot out back to place  
&3&4 Kick right foot out, back to place, kick right foot out  
&5&6 Bring right back to place, jumping left over right, step right next to left  
7 Swivel on heel of right foot pointing toes ¼ turn to right while swiveling left heel ¼ turn to left on ball of foot. (do not turn body)  
8 Swivel feet back to place

## SWIVEL FEET X 3, CROSS OVER, UNWIND

- 9 Swivel on heel of left foot pointing toes ¼ turn to left while swiveling right heel ¼ turn to right on ball of foot. (do not turn body)  
10 Swivel feet back to place  
11 Swivel on heel of left foot pointing toes ¼ turn to left while swiveling right heel ¼ turn to right on ball of foot. (do not turn body)  
12 Swivel feet back to place.  
13 Swivel on heel of left foot pointing toes ¼ turn to left while swiveling right heel ¼ turn to right on ball of foot. (do not turn body)  
14 Swivel feet back to place  
15-16 Cross right foot over left, unwind half turn over left shoulder

## STOMP TWICE, HEEL TOUCH TWICE, HOOK, HEEL TOUCH, BACK TO PLACE

- 17-18 Stomp right, stomp left  
19-20 Right heel forward, back to place  
21-22 Right heel forward, hook right under left knee  
23-24 Right heel forward, back to place

## SLOW STEP TO RIGHT, ROCK LEFT & RIGHT, LEFT SIDE SHUFFLE, ½ TURN, ½ TURN

- 25-26 Step right foot to side, (over two counts)  
27-28 Step left foot back rocking weight onto left, rock forward on right  
29&30 Step left foot to left side and shuffle  
31 Turn ½ turn over left shoulder and ball of left foot and step right down  
32 Turn ½ turn over left shoulder and ball of right foot and step left down

**REPEAT**

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