

# Bumpin' And Thumpin'

Count: 56

Wall: 4

Level: Intermediate

Choreographer: Nancy De Moss (USA)

Music: Fifty-Fifty - Keith Stegall



## VINE RIGHT, TURN, STOMP, DIAGONAL HIP BUMPS

- 1-2 Step right foot to right side; cross-step left behind right  
3-4 Pivoting ½ turn right, step on right foot; stomp left beside right  
5-6 Bump hips forward diagonally right; bump hips back diagonally left  
7&8 Bump hips forward diagonally right; bump hips back diagonally left; bump hips forward diagonally right  
9-10 Bump hips forward diagonally left; bump hips back diagonally right  
11&12 Bump hips forward diagonally left; bump hips back diagonally right; bump hips forward diagonally left

## VINE RIGHT, TURN, STOMP, DIAGONAL HIP BUMPS

- 13-14 Step right foot to right side; cross-step left behind right  
15-16 Pivoting ½ turn right, step on right foot; stomp left beside right  
17-18 Bump hips forward diagonally right; bump hips back diagonally left  
19&20 Bump hips forward diagonally right; bump hips back diagonally left; bump hips forward diagonally right  
21-22 Bump hips forward, diagonally left; bump hips back diagonally right  
23&24 Bump hips forward diagonally left; bump hips back diagonally right; bump hips forward diagonally left

## RIGHT HEEL & TOE TOUCHES

- 25-26 Touch right heel forward; stomp (up) right foot beside left  
27-28 Touch right heel forward; stomp (up) right foot beside left  
29-30 Lean body back and extend right heel way forward; hold  
31-32 Lean body forward and extend right toe way back; hold  
33-34 Lean body back and extend right heel way forward; lean body forward and extend right toe way back  
35-36 Step forward on right foot; stomp (up) left foot beside right

## LEFT HEEL & TOE TOUCHES

- 37-38 Touch left heel forward; stomp (up) left foot beside right  
39-40 Touch left toe back; stomp (up) left foot beside right  
41-42 Lean body back and extend left heel way forward; hold  
43-44 Lean body forward and extend left toe way back; hold  
45-46 Lean body back and extend left heel way forward; lean body forward and extend left toe way back  
47-48 Step left foot forward; stomp (up) right foot beside left

## STEPS BACK, STOMP

- 49-50 Step right foot back; stomp (up) left foot beside right & clap hands  
51-52 Step left foot back; stomp (up) right foot beside left  
53-54 Step right foot back; stomp (up) left foot beside right & clap hands  
55-56 Step left foot back; stomp (up) right foot beside left

## REPEAT