

# Bump 'n' Grind

**COPPERKNOB**  
STEPPERSHETS

Compte: 0

Mur: 1

Niveau: Intermediate/Advanced



Chorégraphe: Nicki Rogers (UK)

Musique: 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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