

Bump Bump Bump

拍数: 48 墙数: 2 级数: Improver
编舞者: Lynn Card (USA) - January 2015
音乐: Bump N Grind - Ronnie Beard



(1-8) Step Right, Together, Step Right, Touch, Hip Bumps L, R, L R

1,2,3,4 Step R to right side, Step L next to R, Step R to right side, Touch L next to R
5,6,7,8 Step L slightly to left and bump L hip to left, Shift weight to R as you bump R hip to right, Shift weight to L as you bump L hip to left, Shift weight to R as you bump R hip to right

(There is an alternate option on count 5 you can hitch your left, makes it easy to get into the bump, see walkthrough video)

(9-16) Step Left, Together, Step Left, Touch, Hip Bumps R, L, R, L

1,2,3,4 Step L to left, Step R next to L, Step L to left, Touch R next to L
5,6,7,8 Step R slightly to right and bump R hip, Shift weight to L and bump L hip, Shift weight to R and bump R hip to right, Shift weight to L and bump L hip

(17-24) Rocking Chair, ¼ Turn, Heel Touches

1,2,3,4 Rock R forward, Recover L at center, Rock R back, Recover L at center
5,6,7,8 Step R forward, Make ¼ turn to left as you touch L heel forward to left diagonal, Replace L next to R, Touch R heel forward to right diagonal

(Same alternate option as in the first set of 8 doing a left hitch on count 5, see walkthrough video)

(25-32) Step and Pivot x4 Making Total ½ Turn to Left

1,2,3,4 Step R forward and pivot (about an 1/8 turn) to the left, Recover weight to L, Repeat
5,6,7,8 Step R forward and pivot (about and 1/8 turn) to the left, Recover weight to L, Repeat

(33-40) Toe Heel Struts Pivoting Back and Forth ¼ Turns (see video)

1,2,3,4 Touch R toe forward, Put L heel down with weight, Turn body ¼ to left as you touch L toe forward, Put L heel down with weight
5,6,7,8 Turn body ¼ turn to right and touch R toe forward, Put R heel down with weight, Turn body ¼ turn to left and touch L toe forward, Put L heel down with weight

(41-48) Rocking Chair, ½ Pivot Turn, Step Together

1,2,3,4 Rock R forward, Recover L at center, Rock R back, Recover L at center
5,6,7,8 Step R forward, Pivot ½ turn to left recovering L forward, Step(stomp) R forward, Stomp L next to R (end with weight on left to start the dance over with right)

Contact: lynncard28@gmail.com

Last Update – 15th Jan 2015