

# Let it Bump

**COPPER** KNOB  
STEPSHEETS

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Jean-Pierre Madge (CH) - November 2017  
音乐: Let it Bump by Missy Elliott and Timbaland



## **S1: Step, Heel, Heel, Turn, Ball Step, Cross ¼ L, Big Step back, Touch, Turn.**

1a2      Step L forward (1), Swivel R heel ¼ R (a), Swivel L heel ¼ R (2),  
3&4      Swivel both heels back to front wall, weight is on R (3), Step L next R (&), Step R forward(4),  
5-6      Cross L over R (5), ¼ L Big Step R back (6),  
7-8      Touch L behind (7), Pivot ¼ L weight is on L (8).

## **S2: Cross Rock recover, Cross Rock Recover, Run Run, Hold, Run Run, Hold.**

1&2      Cross rock R over L (1), Recover on L (&), Step R to R (2)  
3&4      Cross rock L over R (3), Recover on R (3), Step L to L (4),  
5&6      Run forward R,L (5&), hold (6)  
7&8      Run forward R,L (7&), hold (8).

**Optional arms: when you do the "holds" (6-8), Raise your hands like you are asking "what" to someone.**

## **S3: Cross, Back and Cross, Back and Cross And Cross And Cross, ½ Turn .**

1-2      Cross R over L (1), Step L back (2),  
&3-4      Step R to R (&), Cross L over R (3) Step R back (4),  
&5&6      Step L to L (&), Cross R over L (5), Step L to L (&), Cross R over L (6),  
&7-8      Step L to L (&), Cross R over L (7), Unwind ½ turn L weight is on L (8).

## **S4: Kick and Knee Pop, Kick and Knee Pop, Kick and Rock Back Kick and Touch.**

1&2&      Kick R forward (1), Step R next L (&), pop knees out (2), pop knee in (&) weight is on R,  
3&4&      Kick L forward (3), Step L next R (&), pop knees out (4), pop knee in (&) weight is on L,  
5&6&      Kick R forward (5), Step R next L (&) Rock back L (6), Recover (&),  
7&8      Kick L forward (7), Step L next R (&) Touch R back (8)

**Tag here, wall 4, facing 6 o'clock**

## **S5: Chest Turn, ball Touch, Chest Turn Ball Touch, Kick and Rock and Kick and Rock.**

1&2      Without moving your feet, turn your chest ¼ R, weight is now on R, arms forward, hands closed palm facing down like you are holding a stick (1), Bring L next to R (&), Touch R back (2),  
3&4      Without moving your feet, turn your chest ¼ R, weight is now on R, arms forward, hands closed palm facing down like you are holding a stick (3), Bring L next to R (&), Touch R back (4),  
5&6&      Kick R forward (5), R next L (&), Rock L to L (6), Recover (&),  
7&8&      Kick L forward (7), L next R (&), Rock R to R (8), Recover (&).

## **S6: Sailor Step, Sailor Step, Pose.**

1&2      Cross R behind L (1), Step L to L (&), Step R to R (2)  
3&4      Cross L behind R (3), Step R to R (3), Step L to L (4) weight is on L,  
5-6      Cross R arm in front of your chest (5), Cross L arm over R arm (6)  
7-&8      Transfer your weight on R and take a pose (7), move your head up and down like saying "what" (&8).

## **Tag:**

1-2&      Stomp R forward (1), Clap twice (2&),  
3&4      Stomp L next R (3), Stomp R forward (&), Clap hands (4),  
5-6      Stomp L forward (5), Clap hands (6),  
&7-8      Stomp R next L (&), Stomp L forward (7) ½ R (8) weight is on R.

1-2&	Stomp L forward (1), Clap twice (2&),
3&4	Stomp R next L (3), Stomp L forward (&), Clap hands (4),
5-6	Stomp R forward (5), Clap hands (6),
&7-8	Stomp L next R (&) Stomp R forward (7), $\frac{1}{2}$ L (8) weight is on R

**Start again and have fun!**

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