

# Bump Bump Bump

**COPPER KNOB**  
STEPSHEETS

拍数: 0      墙数: 4      级数: Intermediate hip hop  
编舞者: Heidi Angelika Scott (NOR)  
音乐: Bump, Bump, Bump (feat. P. Diddy) - B2K



Sequence: A, B, A, B, A, B, B, B, B, B

## PART A

### RIGHT WEAVE, ROCK RECOVER, ¼ TURN SAILOR STEP

1-2      Step right to the right, cross left behind right  
&3      Step right to the right, cross left in front of right  
&4      Step right to the right, step left behind the right  
5-6      Rock right to the right, recover on left  
7&8      Right sailor step with ¼ turn right

### LEFT WEAVE, ROCK RECOVER, ¼ TURN SAILOR STEP

1-2      Step left to the left, cross right behind left  
&3      Step left to the left, cross right in front of left  
&4      Step left to the left, cross right behind left  
5-6      Rock left to the left, recover on right  
7&8      Left sailor step with ¼ turn left

### RIGHT KICK BALL CHANGE, COASTER STEPS FORWARD AND BACK, ¼ TURN SWEEP

1&2      Right kick ball change  
3&4      Right coaster step forward  
5&6      Left coaster step behind  
7-8      Sweep right leg ¼ turn to the left, touch right leg next to left

### QUICK ROCK- RECOVERS RIGHT & LEFT, STEP, ½ PIVOT LEFT, RIGHT CHASSE

1&2      Rock right quickly to the right, recover on the left, step right leg next to left  
3&4      Rock left quickly to the left, recover on the right, step left leg next to right  
5-6      Step forward on right, pivot ½ turn left  
7&8      Chasse to the right, right, left, right

### LEFT VINE, 2X SLOW ¼ PADDLE TURNS LEFT

1-4      Left grapevine (touch right to close)  
5-6      Rock right to the right, recover on left in ¼ turn to left  
7-8      Rock right to the right, recover on left in ¼ turn to left

### RIGHT VINE, 2X SLOW ¼ PADDLE TURNS RIGHT

1-4      Right grapevine (touch left to close)  
5-6      Rock left to the left, recover on right in ¼ turn right  
7-8      Rock left to the left, recover on right in ¼ turn right

### ROCK-RECOVER, ½ SHUFFLE TURN LEFT, ROCK-RECOVER, ½ SHUFFLE TURN RIGHT

1-2      Rock forward on left, recover on right  
3&4      ½ left shuffle turn  
5-6      Rock forward on right, recover on left  
7&8      ½ right shuffle turn

### LEFT TAP-STEP, RIGHT TAP-STEP, SWIVEL HEELS, TOES, HEELS, TOES, HEELS, HOLD & CLAP

1-2      Tap left toe to the left, step left down on the diagonal

- 3-4 Tap right toe to the right, step right down on the diagonal  
5&6& Swivel heels, toes, heels, toes in to center  
7-8 Swivel heels in to center, hold and clap

## **PART B**

### **STEP FORWARD, TOUCH, STEP BACK, TOUCH, STEP BACK, TOUCH, STEP FORWARD, BUMP HIPS FORWARD, BACK, FORWARD**

- 1-2 Step right forward, touch left to close  
3-4 Step left back, touch right to close  
5-6 Step right back, touch left to close  
7 Step left forward  
8&1 Bump hips forward, back, forward

### **HOLD & CLAP, RIGHT & LEFT SAILOR STEPS, RIGHT SHUFFLE FORWARD**

- 2 Hold and clap  
3&4 Right sailor step  
5&6 Left sailor step  
7&8 Right shuffle forward, right, left, right

### **STEP, PIVOT ½ RIGHT, LEFT SHUFFLE, STEP RIGHT BACK, TOUCH LEFT, STEP FORWARD, BUMP HIPS FORWARD, BACK, FORWARD**

- 1-2 Step forward on left, pivot ½ turn to the right  
3-4 Left shuffle forward, left, right, left  
5-6 Walk back on right, touch left to close  
7 Step left forward  
8&1 Bump hips forward, back, forward

### **HOLD & CLAP, RIGHT CHASSE, LEFT SHUFFLE TURN TO THE LEFT, RIGHT ROCK-RECOVER, TOUCH**

- 2 Hold and clap  
3&4 Right chasse, right, left, right  
5&6 ½ shuffle turn left, left, right, left  
7&8 Rock right quickly to the right, recover on left, touch right to close
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