

Bump N Grind

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Michelle Perry (UK)
音乐: Feel The Same Way Too - The Rankin Family



KICK RIGHT, LEFT, RIGHT TWICE, CROSS OVER, SWIVEL FEET

- 1&2 Kick right foot out, back to place, kick left foot out back to place
&3&4 Kick right foot out, back to place, kick right foot out
&5&6 Bring right back to place, jumping left over right, step right next to left
7 Swivel on heel of right foot pointing toes $\frac{1}{4}$ turn to right while swiveling left heel $\frac{1}{4}$ turn to left on ball of foot. (do not turn body)
8 Swivel feet back to place

SWIVEL FEET X 3, CROSS OVER, UNWIND

- 9 Swivel on heel of left foot pointing toes $\frac{1}{4}$ turn to left while swiveling right heel $\frac{1}{4}$ turn to right on ball of foot. (do not turn body)
10 Swivel feet back to place
11 Swivel on heel of left foot pointing toes $\frac{1}{4}$ turn to left while swiveling right heel $\frac{1}{4}$ turn to right on ball of foot. (do not turn body)
12 Swivel feet back to place.
13 Swivel on heel of left foot pointing toes $\frac{1}{4}$ turn to left while swiveling right heel $\frac{1}{4}$ turn to right on ball of foot. (do not turn body)
14 Swivel feet back to place
15-16 Cross right foot over left, unwind half turn over left shoulder

STOMP TWICE, HEEL TOUCH TWICE, HOOK, HEEL TOUCH, BACK TO PLACE

- 17-18 Stomp right, stomp left
19-20 Right heel forward, back to place
21-22 Right heel forward, hook right under left knee
23-24 Right heel forward, back to place

SLOW STEP TO RIGHT, ROCK LEFT & RIGHT, LEFT SIDE SHUFFLE, $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN

- 25-26 Step right foot to side, (over two counts)
27-28 Step left foot back rocking weight onto left, rock forward on right
29&30 Step left foot to left side and shuffle
31 Turn $\frac{1}{2}$ turn over left shoulder and ball of left foot and step right down
32 Turn $\frac{1}{2}$ turn over left shoulder and ball of right foot and step left down

REPEAT
