

# Bump and Swing

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Fred Whitehouse (IRE) - November 2024  
音樂: Bump - C.U.T.



Intro: 4 Counts, Start at approx. 1 secs

## SEC 1 Side, Cross Rock, Side Shuffle, Hold, Together, Cross, Side Shuffle

1            Step right to right  
2-3        Cross rock left over right, recover weight onto right  
4&5        Step left to left, step right beside left, step left to left  
6&7        Hold, step right beside left, cross left over right  
8&1        Step right to right, step left beside right, step right to right

## SEC 2 Rock, Recover, Shuffle, Step, ½ Pivot, Full Turn

2-3        Rock left back, recover on right  
4&5        Step left forward, step right beside left, step left forward  
6-7        Step right forward, pivot ½ left transferring weight on to left (6:00)  
8&        Turn ½ left step right back, turn ½ left step left forward (6:00)

## SEC 3 ¼ Hip Roll Paddle Turn x4

1-2        Turn ¼ left step right to right rolling hips anticlockwise, step left forward (3:00)  
3-4        Turn ¼ left step right to right rolling hips anticlockwise, step left forward (12:00)  
5-6        Turn ¼ left step right to right rolling hips anticlockwise, step left forward (9:00)  
7-8        Turn ¼ left step right to right rolling hips anticlockwise, step left forward (6:00)

## SEC 4 Botofogo, Botofogo, Rock, Back, Touch, Back, Touch

1&2        Cross right over left, rock left to left, recover weight onto right  
3&4        Cross left over right, rock right to right, recover weight onto left  
5-6        Rock right forward, recover weight onto left  
&7&8       Step right back, touch left forward, step left back, touch right forward

**\*RESTART\* During wall 3 facing 6.00**

## SEC 5 Step, ¼ Side, Sailor Step, ¼ Walk, ¼ Walk, ½ Run Around

1-2        Step right forward, turn ¼ right step left to left (9:00)  
3&4        Step right behind left, step left to left, step right to right  
5-6        Turn ¼ left step left forward, turn ¼ left step right forward (3:00)  
7&8        Turn ¼ left step left forward, turn ¼ left step right forward, step left forward (9:00)

## SEC 6 Hip Roll Point, Hip Roll Point, Behind, ¼ Step, Step, ½ Pivot

1-2        Step right to right rolling hips anticlockwise from left to right, point left to left  
3-4        Step left to left rolling hips clockwise from right to left, point right to right  
5-6        Step right behind left, turn ¼ left step left forward (6:00)  
7-8        Step right forward, pivot ½ left transferring weight on to left (12:00)

## SEC 7 Walk, Walk, Mambo Step, Back, Back, Back Mambo

1-2        Step right forward, step left forward  
3&4        Rock right forward, recover weight onto left, step right back  
5-6        Step left back swivelling right toe to right, step right back swivelling left toe to left  
7&8        Rock left back, recover weight onto right, step left forward

## SEC 8 Hip & Together, ½ Hip & Together, Step, Together, Bounce Heels x2

1&2        Touch right forward bumping right hip forward, bump left hip back, step right beside left

- 3&4 Turn ½ left touch left forward bumping left hip forward, bump right hip back, step left beside right (6:00)
- 5-6 Step right forward, step left beside right
- 7-8 Bounce both heels, bounce both heels

**Last Update: 14 Feb 2025**

---