

# Bump 'n Grind

COPPER KNOB  
BY STEPHEN

拍數: 48      牆數: 2      級數: Improver  
編舞者: Jan Wyllie (AUS)  
音樂: Bump N Grind - Ronnie Beard



Start after count 40 on the word 'cheer'

- 1-2-3-4      Step right to right, step left behind right, step right to right, touch left beside right keeping weight on right
- 5-6-7-8      Bump hips left, right, left, right
- 9-10-11-12      Step left to left, step right behind left, step left to left, touch right beside left keeping weight on left
- 13-14      Step forward on right, pivot  $\frac{1}{4}$  left transferring weight to left (put lots of hip action into this)
- 15-16      Step forward on right, pivot  $\frac{1}{4}$  left transferring weight to left (put lots of hip action into this)
- 17&18      Shuffle forward right, left, right making  $\frac{1}{2}$  turn left
- 19-20      Rock/step back on left, rock forward on right
- 21&22      Shuffle forward left, right, left
- 23-24      Rock/step forward on right, rock back on left
- 25&26      Shuffle back right, left, right
- 27-28      Touch left toe back, unwind  $\frac{1}{2}$  left taking weight on right
- 29&30      Shuffle back left, right, left
- 31-32      Rock/step back on right, rock forward on left
- 33-34      Step forward on right toward right diagonal, slide left to right keeping weight on right
- 35-36      Rock weight back onto left, rock weight forward onto right (hip bumps)
- 37-38      Step forward on left towards left diagonal, slide right to left keeping weight on left
- 39-40      Rock weight back onto right, rock weight forward onto left (hip bumps)
- 41-42      Step back on right towards right diagonal, stomp left beside right and clap
- 43-44      Step back on left towards left diagonal, stomp right beside left and clap
- 45-46      Step back on right towards right diagonal, stomp left beside right and clap
- 47-48      Step back on left towards left diagonal, stomp right beside left and clap

**REPEAT**