

# Bump 'n' Grind

COPPERKNOB  
STEPPERSHETS

拍數: 0      牆數: 1      級數: Intermediate/Advanced  
編舞者: Nicki Rogers (UK)  
音樂: She Bangs - Ricky Martin



Sequence: ABB, Tag, ABB, Tag, CBBB

## SECTION A

1-4      Right vine with left scuff  
5-6-7&8      Left chasse rock back on right

1&2      Right kick ball change  
3&4      Right kick ball change  
5-6-7&8      Walk right, left, right shuffle

1&2      Left kick ball change  
3&4      Left kick ball change  
5-6-7&8      Walk left, right, left shuffle

1-2-3&4      Right rock forward, triple half turn  
5-6-7&8      Left rock forward, coaster

1-4      Right side rock, sailor  
5-8      Left side rock, sailor

1-4      Right kick front, kick side, coaster  
5-8      Left kick front, kick side, coaster

1-4      Monterey half  
5-8      Monterey half

1&2-3-4      Right side chasse, rock back left  
5&6-7-8      Left side chasse, rock back right

1-2&3-4      Syncopated vine, touch right to right side  
5-6-7-8      Step right behind left, touch left to left side, step left to front, unwind

1-2-3-4      Right jazz box  
5&6&7-8      Heel switches right, left, right, clap, clap

1&2&3-4      Heel switches left, right, left, clap, clap  
5-6      Right step, wiggle bum  
7-8      Left step, wiggle bum

1-2      Right to side, back in, weight onto right  
3-4      Left to side, back in, weight onto left (left slightly behind right)  
5-8      Sit down, stand up, sit down, stand up

## SECTION B

1-4      Two right Elvis knees  
5-8      Two left Elvis knees

1-4 Right front, side, switch, switch  
 5-8 Right front, side, switch, switch

1-4 Shoulder pops right, left, right, left(on last, bring right to left and change weight)  
 5-8 Shoulder pops left, right, left, right(on first, left out, on last left in)

1-4 Right rock forward, triple half  
 5-6-7&8 Left rock forward, recover, coaster

**SECTION C**

1-2-3&4 Right rock forward,  $\frac{3}{4}$  turn  
 5-6-7&8 Left rock forward, coaster

1-2-3&4 Skate right, left, right shuffle  
 5-6-7&8 Skate left, right, left shuffle

1-2-3&4 Right cross rock, right chasse  
 5-6-7&8 Left cross rock, left chasse

1-2-3&4 Right rock forward,  $\frac{3}{4}$  turn  
 5-6-7&8 Left rock coaster

1-2&3-4 Syncopated vine to right, touch right to right side  
 5-8 Step right behind left, touch left to left side, step left to front, unwind

1-4 Right jazz box  
 5&6&7-8 Heel switches right, left, right, clap, clap

1&2&3-4 Heel switches left, right, left, clap, clap  
 5-6 Right step, wiggle bum  
 7-8 Left step, wiggle bum

1-2 Right to side, back in, weight onto right  
 3-4 Left to side, back in, weight onto left (left slightly behind right)  
 5-8 Sit down, stand up, sit down, stand up

1-4 Hold

**TAG**

1&2 Right rock and cross  
 3&4 Left rock and cross  
 5-8 Right jazz box

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