

Bump 'n' Hustle

COPPER KNOB
STEPPERS

拍數: 96 牆數: 2 級數: Improver line/contra dance
編舞者: Kathy Hunyadi (USA), Kevin S. Ward (USA) & Rena Ward (USA)
音樂: Bump 'N' Hustle - Down to the Bone



Dance starts after 64-count intro - count from first heavy beat (about 36 seconds into the music). If you do this Contra, start dance with lines facing each other with each person standing in a "window".

JAZZ JUMP FORWARD, HIP BUMPS; JAZZ JUMP BACK, HIP BUMPS

&1 Step forward on right, step forward on left (feet slightly apart)
2-3-4 Bump hips left, right, left
&5 Step back on right, step back on left (feet slightly apart)
6-7-8 Bump hips left, right, left

DOUBLE-TIME JAZZ JUMPS (THESE WILL BE QUICK!)

&1&2 Step forward right, left; step back right, left
&3&4 Step forward right, left; step forward right, left
&5&6 Step back right, left; step forward right, left
&7&8 Step back right, left; step back right, left

GRAPEVINE RIGHT, GRAPEVINE LEFT WITH ¼ TURN LEFT

1-2-3-4 Step side right on right, step left behind right, step right to side, touch left beside right
5-6-7-8 Step side left on left, step right behind left, make ¼ turn left step left forward, touch right beside left

GRAPEVINE RIGHT, GRAPEVINE LEFT

1-2-3-4 Step right to side, step left behind right, step right to side, touch left beside right
5-6-7-8 Step side left on left, step right behind left, step left to side, touch right beside left

If you are dancing contra, the right vine will pass through the line, left vine will bring you back

WALK BACK, TOUCH; WALK FORWARD, TOUCH, CLAP TWICE

1-2-3-4 Walk back right, left, right, touch left toe back (lean forward as you touch back)
5-6-7&8 Walk forward left, right, left, touch right toe forward clap twice

WALK BACK, TOUCH; WALK FORWARD, HEEL BOUNCES TURNING ¼ RIGHT

1-2-3-4 Walk back right, left, right, touch left toe back (lean forward as you touch back)
5-6-7&8 Walk forward left, right, step left beside right, bounce both heels twice while turning ¼ right

SHUFFLES FORWARD, ½ TURN LEFT, SHUFFLE BACK, COASTER STEP

1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left
5&6 Turn ½ left & shuffle back right, left, right
7&8 Step left foot back, step right beside left, step left forward

1-8 Repeat counts 49-56

In contra you will again pass back & forth through the lines

FORWARD POINT CROSSES; BACK POINT CROSSES

1-2-3-4 Point right toe to side, cross step right in front of left; point left to side, cross step left in front of right
5-6-7 Point right to side, cross step right behind left; point left to side
&8 Quickly step left beside right, point right to side

SAILOR SHUFFLES X 4 WITH ¼ TURN RIGHT

- 1&2 Cross right behind left, step left to side, step right to side
3&4 Cross left behind right, step right to side, step left to side
5&6 Turn ¼ right while crossing right behind left, step left to side, step right to side
7&8 Cross left behind right, step right to side, step left to side

CROSSING SHUFFLE, SYNCOPATED WEAVE, ROCK RECOVER, CROSSING SHUFFLE

- 1&2 Cross step right over left, step left to side, cross step right over left
&3&4 Step left to side, step right behind left, step left to side, step right over left
5-6 Rock to side left on left, recover weight to right
7&8 Cross step left over right, step right to side, cross step left over right (again you should pass through the lines in contra)

ROCK RECOVER, JAZZ BOX WITH ¼ TURN RIGHT, KICK BALL STEP FORWARD

- 1-2 Rock to side right on right, recover weight to left
3-4-5-6 Cross step right over left, step back on left and turn ¼ to right, step right to side, step left beside right
7&8 Kick right foot forward, step back on ball of right, step left foot forward

REPEAT
