

# Bump And Grind

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Bill Bader (CAN)  
音樂: Sweet Little Shoe - Dan Seals



## RIGHT TOE-HEEL, BEND, BUMP RIGHT, LEFT TOE-HEEL, BEND, BUMP LEFT

- 1 Rotate right knee in and touch right toe beside left instep
- 2 Rotate right knee out and touch right heel beside left instep
- 3 Step right beside left and bend knees (see \* below)
- 4 Bump hips up to right side
- 5 Rotate left knee in and touch left toe beside right instep
- 6 Rotate left knee outward and touch left heel beside right instep
- 7 Step left beside right and bend knees (see \* below)
- 8 Bump hips up to left side

\*Each bump of the hips is preceded by a "scoop" of the hips, down with the knees bent, so that the hips bump "up" to the side

## BEND, BUMP RIGHT, BEND, BUMP LEFT

- 9 Bend both knees (see \* above)
- 10 Bump hips up to right side
- 11 Bend both knees (see \* above)
- 12 Bump hips up to left side

## "GRIND": TWO HIP CIRCLES

- 13-14 Roll hips to the left (hip isolation): back-right-front-left
- 15-16 Roll hips to the left (hip isolation): back-right-front-left

In hip isolations, head/shoulder motion is almost non-existent and knee motion, while necessary, should be minimized

## 4 PATTERNS OF STEP-SLIDE-STEP-TURN: TOWARD RIGHT WALL, TOWARD LEFT WALL, TOWARD FRONT WALL, TOWARD BACK WALL

- 17 Step right turned  $\frac{1}{4}$  right-toward the right wall
- 18 Slide/step left beside right
- 19 Step right forward
- 20 Turn on right  $\frac{1}{2}$  left while sliding left toe in beside right
- 21 Step left forward-toward the left wall
- 22 Slide right beside left
- 23 Step left forward
- 24 Turn on left  $\frac{1}{4}$  right while sliding right toe in toward left foot
  
- 25 Step right forward-toward the front wall
- 26 Slide left beside right
- 27 Step right forward
- 28 Turn on right  $\frac{1}{2}$  left while sliding left toe in beside right
- 29 Step left forward-toward the back wall
- 30 Slide right beside left
- 31 Step left forward
- 32 Scuff right heel and turn on left  $\frac{1}{4}$  left

REPEAT