

# Bump & Rock

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: D.J. Lansaw (USA)  
音樂: Take Me - Lari White



## HIP BUMPS

- 1-2      Step left foot slightly to left side (shoulder width apart), bump hips left twice  
3-4      (Keeping feet in place) bump hips right twice  
5-8      Bump hips left, right, left, right (weight on right)

## ROCK STEPS FORWARD AND BACKWARD

- 9-10      Step left forward, recover weight to right foot (keep right foot in place)  
11-12      Step left backward, recover weight to right foot  
13-16      Repeat steps 9-12

## LEFT STEP FORWARD, RIGHT SLIDE, LEFT STEP FORWARD, RIGHT SCUFF, RIGHT STEP FORWARD, LEFT SLIDE, RIGHT STEP FORWARD, LEFT SCUFF

- 17-18      Step left foot forward, slide right foot up next to left foot  
19-20      Step left foot forward, scuff right foot forward  
21-22      Step right foot forward, slide left foot up next to right foot  
23-24      Step right foot forward, scuff left foot forward

## LEFT STEP FORWARD, ½ PIVOT RIGHT, LEFT STEP LEFT SIDE, RIGHT TOUCH, RIGHT STEP RIGHT SIDE, STEP LEFT NEXT TO RIGHT, RIGHT STEP RIGHT SIDE, LEFT TOUCH

- 25-26      Step left foot forward, pivot ½ turn right shifting weight to right foot  
27-28      Step left foot to left side, touch right toe next to left foot  
29-30      Step right foot to right side, step left foot next to right foot  
31-32      Step right foot to right side, touch left toe next to right foot (weight on right foot)

## REPEAT

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