

# Bump N Grind

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Michelle Perry (UK)  
音樂: Feel The Same Way Too - The Rankin Family



## KICK RIGHT, LEFT, RIGHT TWICE, CROSS OVER, SWIVEL FEET

- 1&2      Kick right foot out, back to place, kick left foot out back to place  
&3&4      Kick right foot out, back to place, kick right foot out  
&5&6      Bring right back to place, jumping left over right, step right next to left  
7      Swivel on heel of right foot pointing toes  $\frac{1}{4}$  turn to right while swiveling left heel  $\frac{1}{4}$  turn to left on ball of foot. (do not turn body)  
8      Swivel feet back to place

## SWIVEL FEET X 3, CROSS OVER, UNWIND

- 9      Swivel on heel of left foot pointing toes  $\frac{1}{4}$  turn to left while swiveling right heel  $\frac{1}{4}$  turn to right on ball of foot. (do not turn body)  
10      Swivel feet back to place  
11      Swivel on heel of left foot pointing toes  $\frac{1}{4}$  turn to left while swiveling right heel  $\frac{1}{4}$  turn to right on ball of foot. (do not turn body)  
12      Swivel feet back to place.  
13      Swivel on heel of left foot pointing toes  $\frac{1}{4}$  turn to left while swiveling right heel  $\frac{1}{4}$  turn to right on ball of foot. (do not turn body)  
14      Swivel feet back to place  
15-16      Cross right foot over left, unwind half turn over left shoulder

## STOMP TWICE, HEEL TOUCH TWICE, HOOK, HEEL TOUCH, BACK TO PLACE

- 17-18      Stomp right, stomp left  
19-20      Right heel forward, back to place  
21-22      Right heel forward, hook right under left knee  
23-24      Right heel forward, back to place

## SLOW STEP TO RIGHT, ROCK LEFT & RIGHT, LEFT SIDE SHUFFLE, $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN

- 25-26      Step right foot to side, (over two counts)  
27-28      Step left foot back rocking weight onto left, rock forward on right  
29&30      Step left foot to left side and shuffle  
31      Turn  $\frac{1}{2}$  turn over left shoulder and ball of left foot and step right down  
32      Turn  $\frac{1}{2}$  turn over left shoulder and ball of right foot and step left down

**REPEAT**

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