

# Bump-N-Grind

拍數: 48      牆數: 2      級數: Improver  
編舞者: Jo Thompson Szymanski (USA) & Jamie Marshall (USA)  
音樂: Bump N Grind - Ronnie Beard



## POINT RIGHT, TOGETHER, POINT RIGHT, TOGETHER, VINE RIGHT 3, TOUCH

- 1-2      Touch right toe to right side with right hip bump, touch right beside left (hips center)
- 3-4      Touch right toe to right side with right hip bump, touch right beside left (hips center)
- 5-7      Step right foot to right side, step left foot crossed behind right, step right foot to right side
- 8      Touch left beside right

## HIP CIRCLE LEFT TWO TIMES, VINE LEFT, ¼ TURN LEFT, TOUCH

- 1-2      Touch left foot to left side, circle hips forward and left, finish hip circle back and right
- 3-4      Circle hips forward and left, finish hip circle back and right
- 5-7      Step left foot to left side, step right foot crossed behind left, turn ¼ left and step forward with left foot
- 8      Touch right beside left

## HIP BUMPS FORWARD, BACK, BACK, FORWARD

- 1&2      Place right foot forward to right front diagonal, bump hips right, left, right shifting weight forward to right foot
- 3&4      Bump hips left, right, left shifting weight back to left foot
- 5&6      Place right foot back to right back diagonal, bump hips right, left, right shifting weight back to right foot
- 7&8      Bump hips left, right, left shifting weight forward to left foot

## ¼ TURN LEFT 4 TIMES

- 1-2      Step right foot forward, turn ¼ left shifting weight to left foot
- 3-4      Step right foot forward, turn ¼ left shifting weight to left foot
- 5-6      Step right foot forward, turn ¼ left shifting weight to left foot
- 7-8      Step right foot forward, turn ¼ left shifting weight to left foot

## Optional hip circle to the left with each ¼ turn

## TRIPLE RIGHT, ROCK BACK, RECOVER, TRIPLE LEFT, ROCK BACK, RECOVER

- 1&2      Step right foot to right side, step together with left, step right foot to right side
- 3-4      Rock back with ball of left foot, recover weight forward to right foot
- 5&6      Step left foot to left side, step together with right, step left foot to left side
- 7-8      Rock back with ball of right foot, recover weight forward to left foot

## KICK BALL CHANGE, KICK BALL CHANGE, STEP, HOLD, ¼ TURN LEFT, HOLD

- 1&2      Kick forward with right foot, rock back with ball of right foot, recover weight forward to left foot
- 3&4      Kick forward with right foot, rock back with ball of right foot, recover weight forward to left foot
- 5-6      Step forward with right foot, hold
- 7-8      Turn ¼ left shifting weight to left foot, hold allowing right leg to relax and come closer to the left leg

## Optional styling

- 5      Thrust hips forward pulling fists down and back
- 6      Relax hips back to center
- 7      As you are turning, circle hips back and to the right
- 8      Settle hips to the left allowing right leg to relax and come closer to the left leg

## REPEAT

