

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

