

Bump-N-Grind X 2 (P)

COPPER KNOB
STEPPERS

拍數: 48 牆數: 0 級數: Partner
編舞者: Dewayne Goldman (USA) & Marilyn Goldman (USA)
音樂: Bump N Grind - Ronnie Beard



Position: Tandem (face LOD, man behind lady, left hand in mans' left, right hand on lady's right hip, weight on left)

Based on Jo Thompson & Jamie Marshall line dance Bump-N-Grind

SIDE TAPS, WALK FORWARD

1-2 Tap right. Foot to right. Bring right. Back & tap next to left
3-4 Repeat 1-2
5-8 Walk forward right-left-right-tap left

ROLL HIPS, WALK FORWARD

9-12 Roll hips to the left 2 times with weight on right., (forward-left-back- right)
13-16 Walk forward left-right-left, tap right next to left

HIP BUMPS

17&18 Step right foot forward to right diagonal, bump hips right-left-right shifting weight forward to right foot
19&20 Bump hips left, right, left shifting weight back to left foot
21&22 Place right foot back to right back diagonal, bump hips left-right-left shifting weight back to right foot
23&24 Bump hips left, right, left shifting weight forward to left foot

4 ¼ TURNS TO THE LEFT, END IN SWEETHEART POSITION

25-26 Step right foot forward, turn ¼ left shifting weight to left foot (man step forward & to the left of lady & bring right. Arm over ladies head, now facing ILOD)
27-28 Step right foot forward, turn ¼ left shifting weight to left foot, (man now to the right. Of lady, drop her right hand & pickup her left. Hand in your left. Now facing RLOD)
29-30 Step right foot forward, turn ¼ left shifting weight to left foot, (man brings left arm up over ladies head, both facing OLOD & pickup ladies right. Hand)
31-32 Step right foot forward, turn ¼ left shifting weight to left foot (man now on ladies left. Side & in sweetheart position facing LOD)

Option: on this turn drop hands and turn independent of each other

TRIPLE RIGHT, ROCK STEP, TRIPLE LEFT, ROCK STEP, ¼ TURN TO THE RIGHT

33&34 Step right foot to right side, step together with left, step right foot to right side
35-36 Rock back with ball of left foot, recover weight forward to right foot
37&38 Step left foot to left side, step together with right, step left foot to left side (turn ¼ to the right to face OLOD, in sweetheart position, man on the right side of lady.)
39-40 Rock back with ball of right foot, recover weight forward to left foot, (facing OLOD)

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

41&42 Kick forward with right. Foot, rock back with ball of right. Foot, recover weight forward to left foot
43&44 Kick forward with right foot, rock back with ball of right foot, recover weight forward to left foot
45-46 Step forward with right foot, hold
47-48 Turn ¼ left shifting weight to left foot, hold allowing right leg to come closer to the left leg as you make this turn it will move you back into tandem position

REPEAT

