

# Bumpin' And Thumpin'

拍數: 56      牆數: 4      級數: Intermediate  
編舞者: Nancy De Moss (USA)  
音樂: Fifty-Fifty - Keith Stegall



## VINE RIGHT, TURN, STOMP, DIAGONAL HIP BUMPS

- 1-2            Step right foot to right side; cross-step left behind right  
3-4            Pivoting ½ turn right, step on right foot; stomp left beside right  
5-6            Bump hips forward diagonally right; bump hips back diagonally left  
7&8            Bump hips forward diagonally right; bump hips back diagonally left; bump hips forward diagonally right  
9-10           Bump hips forward diagonally left; bump hips back diagonally right  
11&12          Bump hips forward diagonally left; bump hips back diagonally right; bump hips forward diagonally left

## VINE RIGHT, TURN, STOMP, DIAGONAL HIP BUMPS

- 13-14          Step right foot to right side; cross-step left behind right  
15-16          Pivoting ½ turn right, step on right foot; stomp left beside right  
17-18          Bump hips forward diagonally right; bump hips back diagonally left  
19&20          Bump hips forward diagonally right; bump hips back diagonally left; bump hips forward diagonally right  
21-22          Bump hips forward, diagonally left; bump hips back diagonally right  
23&24          Bump hips forward diagonally left; bump hips back diagonally right; bump hips forward diagonally left

## RIGHT HEEL & TOE TOUCHES

- 25-26          Touch right heel forward; stomp (up) right foot beside left  
27-28          Touch right heel forward; stomp (up) right foot beside left  
29-30          Lean body back and extend right heel way forward; hold  
31-32          Lean body forward and extend right toe way back; hold  
33-34          Lean body back and extend right heel way forward; lean body forward and extend right toe way back  
35-36          Step forward on right foot; stomp (up) left foot beside right

## LEFT HEEL & TOE TOUCHES

- 37-38          Touch left heel forward; stomp (up) left foot beside right  
39-40          Touch left toe back; stomp (up) left foot beside right  
41-42          Lean body back and extend left heel way forward; hold  
43-44          Lean body forward and extend left toe way back; hold  
45-46          Lean body back and extend left heel way forward; lean body forward and extend left toe way back  
47-48          Step left foot forward; stomp (up) right foot beside left

## STEPS BACK, STOMP

- 49-50          Step right foot back; stomp (up) left foot beside right & clap hands  
51-52          Step left foot back; stomp (up) right foot beside left  
53-54          Step right foot back; stomp (up) left foot beside right & clap hands  
55-56          Step left foot back; stomp (up) right foot beside left

## REPEAT