

Bump 'n Grind

Count: 48

Wand: 2

Ebene: Improver

Choreograf/in: Jan Wyllie (AUS)

Musik: Bump N Grind - Ronnie Beard



Start after count 40 on the word 'cheer'

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| 1-2-3-4 | Step right to right, step left behind right, step right to right, touch left beside right keeping weight on right |
| 5-6-7-8 | Bump hips left, right, left, right |
| 9-10-11-12 | Step left to left, step right behind left, step left to left, touch right beside left keeping weight on left |
| 13-14 | Step forward on right, pivot $\frac{1}{4}$ left transferring weight to left (put lots of hip action into this) |
| 15-16 | Step forward on right, pivot $\frac{1}{4}$ left transferring weight to left (put lots of hip action into this) |
| 17&18 | Shuffle forward right, left, right making $\frac{1}{2}$ turn left |
| 19-20 | Rock/step back on left, rock forward on right |
| 21&22 | Shuffle forward left, right, left |
| 23-24 | Rock/step forward on right, rock back on left |
| 25&26 | Shuffle back right, left, right |
| 27-28 | Touch left toe back, unwind $\frac{1}{2}$ left taking weight on right |
| 29&30 | Shuffle back left, right, left |
| 31-32 | Rock/step back on right, rock forward on left |
| 33-34 | Step forward on right toward right diagonal, slide left to right keeping weight on right |
| 35-36 | Rock weight back onto left, rock weight forward onto right (hip bumps) |
| 37-38 | Step forward on left towards left diagonal, slide right to left keeping weight on left |
| 39-40 | Rock weight back onto right, rock weight forward onto left (hip bumps) |
| 41-42 | Step back on right towards right diagonal, stomp left beside right and clap |
| 43-44 | Step back on left towards left diagonal, stomp right beside left and clap |
| 45-46 | Step back on right towards right diagonal, stomp left beside right and clap |
| 47-48 | Step back on left towards left diagonal, stomp right beside left and clap |

REPEAT