|  |  |
| --- | --- |
| Bump And Grind |  |

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| --- |
| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Bill Bader (CAN) |
| **Music:** | Sweet Little Shoe - Dan Seals |
| . |

**RIGHT TOE-HEEL, BEND, BUMP RIGHT, LEFT TOE-HEEL, BEND, BUMP LEFT**

|  |  |
| --- | --- |
| 1 | Rotate right knee in and touch right toe beside left instep |

|  |  |
| --- | --- |
| 2 | Rotate right knee out and touch right heel beside left instep |

|  |  |
| --- | --- |
| 3 | Step right beside left and bend knees (see \* below) |

|  |  |
| --- | --- |
| 4 | Bump hips up to right side |

|  |  |
| --- | --- |
| 5 | Rotate left knee in and touch left toe beside right instep |

|  |  |
| --- | --- |
| 6 | Rotate left knee outward and touch left heel beside right instep |

|  |  |
| --- | --- |
| 7 | Step left beside right and bend knees (see \* below) |

|  |  |
| --- | --- |
| 8 | Bump hips up to left side |

**\*Each bump of the hips is preceded by a "scoop" of the hips, down with the knees bent, so that the hips bump "up" to the side**

**BEND, BUMP RIGHT, BEND, BUMP LEFT**

|  |  |
| --- | --- |
| 9 | Bend both knees (see \* above) |

|  |  |
| --- | --- |
| 10 | Bump hips up to right side |

|  |  |
| --- | --- |
| 11 | Bend both knees (see \* above) |

|  |  |
| --- | --- |
| 12 | Bump hips up to left side |

**"GRIND": TWO HIP CIRCLES**

|  |  |
| --- | --- |
| 13-14 | Roll hips to the left (hip isolation): back-right-front-left |

|  |  |
| --- | --- |
| 15-16 | Roll hips to the left (hip isolation): back-right-front-left |

**In hip isolations, head/shoulder motion is almost non-existent and knee motion, while necessary, should be minimized**

**4 PATTERNS OF STEP-SLIDE-STEP-TURN: TOWARD RIGHT WALL, TOWARD LEFT WALL, TOWARD FRONT WALL, TOWARD BACK WALL**

|  |  |
| --- | --- |
| 17 | Step right turned ¼ right-toward the right wall |

|  |  |
| --- | --- |
| 18 | Slide/step left beside right |

|  |  |
| --- | --- |
| 19 | Step right forward |

|  |  |
| --- | --- |
| 20 | Turn on right ½ left while sliding left toe in beside right |

|  |  |
| --- | --- |
| 21 | Step left forward-toward the left wall |

|  |  |
| --- | --- |
| 22 | Slide right beside left |

|  |  |
| --- | --- |
| 23 | Step left forward |

|  |  |
| --- | --- |
| 24 | Turn on left ¼ right while sliding right toe in toward left foot |

|  |  |
| --- | --- |
| 25 | Step right forward-toward the front wall |

|  |  |
| --- | --- |
| 26 | Slide left beside right |

|  |  |
| --- | --- |
| 27 | Step right forward |

|  |  |
| --- | --- |
| 28 | Turn on right ½ left while sliding left toe in beside right |

|  |  |
| --- | --- |
| 29 | Step left forward-toward the back wall |

|  |  |
| --- | --- |
| 30 | Slide right beside left |

|  |  |
| --- | --- |
| 31 | Step left forward |

|  |  |
| --- | --- |
| 32 | Scuff right heel and turn on left ¼ left |

**REPEAT**