

# Bump 'n Grind

Count: 48

Wall: 2

Level: Improver

Choreographer: Jan Wyllie (AUS)

Music: Bump N Grind - Ronnie Beard



**Start after count 40 on the word 'cheer'**

- |            |   |
|------------|---|
| 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**