

Bump & Rock

Count: 32

Wall: 2

Level: Beginner

Choreographer: D.J. Lansaw (USA)

Music: Take Me - Lari White



HIP BUMPS

- 1-2 Step left foot slightly to left side (shoulder width apart), bump hips left twice
- 3-4 (Keeping feet in place) bump hips right twice
- 5-8 Bump hips left, right, left, right (weight on right)

ROCK STEPS FORWARD AND BACKWARD

- 9-10 Step left forward, recover weight to right foot (keep right foot in place)
- 11-12 Step left backward, recover weight to right foot
- 13-16 Repeat steps 9-12

LEFT STEP FORWARD, RIGHT SLIDE, LEFT STEP FORWARD, RIGHT SCUFF, RIGHT STEP FORWARD, LEFT SLIDE, RIGHT STEP FORWARD, LEFT SCUFF

- 17-18 Step left foot forward, slide right foot up next to left foot
- 19-20 Step left foot forward, scuff right foot forward
- 21-22 Step right foot forward, slide left foot up next to right foot
- 23-24 Step right foot forward, scuff left foot forward

LEFT STEP FORWARD, ½ PIVOT RIGHT, LEFT STEP LEFT SIDE, RIGHT TOUCH, RIGHT STEP RIGHT SIDE, STEP LEFT NEXT TO RIGHT, RIGHT STEP RIGHT SIDE, LEFT TOUCH

- 25-26 Step left foot forward, pivot ½ turn right shifting weight to right foot
- 27-28 Step left foot to left side, touch right toe next to left foot
- 29-30 Step right foot to right side, step left foot next to right foot
- 31-32 Step right foot to right side, touch left toe next to right foot (weight on right foot)

REPEAT
