

# Bump N Grind

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Michelle Perry (UK)  
音乐: Feel The Same Way Too - The Rankin Family



## KICK RIGHT, LEFT, RIGHT TWICE, CROSS OVER, SWIVEL FEET

- 1&2      Kick right foot out, back to place, kick left foot out back to place
- &3&4      Kick right foot out, back to place, kick right foot out
- &5&6      Bring right back to place, jumping left over right, step right next to left
- 7      Swivel on heel of right foot pointing toes ¼ turn to right while swiveling left heel ¼ turn to left on ball of foot. (do not turn body)
- 8      Swivel feet back to place

## SWIVEL FEET X 3, CROSS OVER, UNWIND

- 9      Swivel on heel of left foot pointing toes ¼ turn to left while swiveling right heel ¼ turn to right on ball of foot. (do not turn body)
- 10      Swivel feet back to place
- 11      Swivel on heel of left foot pointing toes ¼ turn to left while swiveling right heel ¼ turn to right on ball of foot. (do not turn body)
- 12      Swivel feet back to place.
- 13      Swivel on heel of left foot pointing toes ¼ turn to left while swiveling right heel ¼ turn to right on ball of foot. (do not turn body)
- 14      Swivel feet back to place
- 15-16      Cross right foot over left, unwind half turn over left shoulder

## STOMP TWICE, HEEL TOUCH TWICE, HOOK, HEEL TOUCH, BACK TO PLACE

- 17-18      Stomp right, stomp left
- 19-20      Right heel forward, back to place
- 21-22      Right heel forward, hook right under left knee
- 23-24      Right heel forward, back to place

## SLOW STEP TO RIGHT, ROCK LEFT & RIGHT, LEFT SIDE SHUFFLE, ½ TURN, ½ TURN

- 25-26      Step right foot to side, (over two counts)
- 27-28      Step left foot back rocking weight onto left, rock forward on right
- 29&30      Step left foot to left side and shuffle
- 31      Turn ½ turn over left shoulder and ball of left foot and step right down
- 32      Turn ½ turn over left shoulder and ball of right foot and step left down

## REPEAT

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