

Bump-N-Grind 4-2 (P)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 0 級數: Partner
編舞者: Dan Ross (USA) & Sharon Ross (USA)
音樂: Bump N Grind - Ronnie Beard



Position: Begin facing line of dance, man on the inside of the circle, Lady on the outside. Man's right hand holding lady's left

Based on Bump-N-Grind by Jo Thompson & Jamie Marshall

POINT, TOGETHER, POINT, TOGETHER, VINE 3, TOUCH

MAN

- 1-2 Touch right toe to right side with right hip bump, touch right beside left (hips center)
- 3-4 Touch right toe to right side with right hip bump, touch right beside left (hips center)
- 5-7 (Letting go of lady's hand and passing behind her) step right foot to right side, step left foot crossed behind right, step right foot to right side
- 8 (Taking lady's right hand in his left) touch left beside right

LADY

- 1-2 Touch left toe to left side with left hip bump, touch left beside right (hips center)
- 3-4 Touch left toe to left side with left hip bump, touch left beside right (hips center)
- 5-7 (Passing in front of gentleman) step left foot to left side, step right foot crossed behind left, step left foot to left side
- 8 Touch right beside left

HIP CIRCLE TWO TIMES, VINE 3, TOUCH

MAN

- 1-2 Touch left foot to left side, circle hips forward and left, finish circle hip back and right
- 3-4 Circle hips forward and left, finish circle hip back and right
- 5-7 (Letting go of lady's hand and passing behind her) step left foot to left side, step right foot crossed behind left, step left foot to left side
- 8 (Taking lady's left hand in his right) touch right beside left

LADY

- 1-2 Touch right foot to right side, circle hips forward and right, finish circle hip back and left
- 3-4 Circle hips forward and right, finish circle hip back and left
- 5-7 (Passing in front of gentleman) step right foot to right side, step left foot crossed behind right, step right foot to right side
- 8 Touch left beside right

WIGGLE WALK FORWARD

MAN

- 1&2 Place right foot forward to right diagonal, bump hips right-left-right shifting weight forward to right foot
- 3&4 Place left foot forward to left diagonal, bump hips left-right-left shifting weight forward to left foot
- 5&6 Place right foot forward to right diagonal, bump hips right-left-right shifting weight forward to right foot
- 7&8 Place left foot forward to left diagonal, bump hips left-right-left shifting weight forward to left foot

LADY

- 1&2 Place left foot forward to left diagonal, bump hips left-right-left shifting weight forward to left foot
- 3&4 Place right foot forward to right diagonal, bump hips right-left-right shifting weight forward to right foot

- 5&6 Place left foot forward to left diagonal, bump hips left-right-left shifting weight forward to left foot
- 7&8 Place right foot forward to right diagonal, bump hips right-left-right shifting weight forward to right foot

WEAVE, KICK-BALL-CHANGE

MAN

- 1-2 (Turning lady $\frac{3}{4}$ turn to the right) step right foot forward, (turning $\frac{1}{4}$ turn to the right) step left foot to left side
- 3-4 (Picking up lady's right hand in his left) step right foot crossed behind left, step left foot to left side
- 5-6 Step right foot crossed in front of left, (letting go of lady's right hand & turning $\frac{1}{4}$ turn to the left) step left foot forward
- 7&8 Kick forward with right foot, rock back with ball of right foot, recover weight forward to left foot

LADY

- 1-2 (Beginning $\frac{3}{4}$ turn to the right) step left foot $\frac{1}{4}$ turn right, pivoting $\frac{1}{2}$ turn right step right foot to right side
- 3-4 Step left foot crossed in front of right, step right foot to right side
- 5-6 Step left foot crossed behind right, (turning $\frac{1}{4}$ turn to the right) step right foot forward
- 7&8 Kick forward with left foot, rock back with ball of left foot, recover weight forward to right foot

SIDE TRIPLE, ROCK BACK, RECOVER (TWICE)

MAN

- 1&2 (Letting go of lady's hand and passing behind her) step right foot to the right side, step together with left, step right foot to right side
- 3-4 (Picking up lady's right hand in his left) rock back with ball of left foot, recover weight forward to right foot
- 5&6 (Letting go of lady's hand and passing behind her) step left foot to left side, step together with right, step left foot to left side
- 7&8 (Picking up lady's left hand in his right) rock back with ball of right foot, recover weight forward to left foot

LADY

- 1&2 (Passing in front of gentleman) step left foot to left side, step together with right, step left foot to left side
- 3-4 Rock back with ball of right foot, recover weight forward to left foot
- 5&6 (Passing in front of gentleman) step right foot to the right side, step together with left, step right foot to right side
- 7-8 Rock back with ball of left foot, recover weight forward to right foot

STEP-TURN, STEP-TURN, HIP BUMPS, HIP CIRCLE

MAN

- 1-2 (Letting go of lady's hand) step right foot forward, turn $\frac{1}{2}$ turn left changing weight to left foot
- 3-4 Step right foot forward, turn $\frac{1}{2}$ turn left changing weight to left foot
- 5-6 (Picking up lady's left hand with his right) bump hips to the right twice
- 7-8 Circle hips 1 $\frac{1}{2}$ time's to the left ending with weight on left foot

LADY

- 1-2 Step left foot forward, turn $\frac{1}{2}$ turn right changing weight to right foot
- 3-4 Step left foot forward, turn $\frac{1}{2}$ turn right changing weight to right foot
- 5-6 Bump hips to the left twice
- 7-8 Circle hips 1 $\frac{1}{2}$ time's to the right ending with weight on right foot

REPEAT
