

BUMP N GRIND

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Count: 32

Wall: 2

Level: intermediate

Choreographer: Michelle Perry

Music: Feel The Same Way Too by 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 $\frac{1}{4}$ turn to right while swiveling left heel $\frac{1}{4}$ 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 $\frac{1}{4}$ turn to left while swiveling right heel $\frac{1}{4}$ 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 $\frac{1}{4}$ turn to left while swiveling right heel $\frac{1}{4}$ 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 $\frac{1}{4}$ turn to left while swiveling right heel $\frac{1}{4}$ 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, $\frac{1}{2}$ TURN, $\frac{1}{2}$ 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