

# BUMP & ROCK

LINEDANCE.COM

**Count:** 32

**Wall:** 2

**Level:** beginner

**Choreographer:** D.J. Lansaw

**Music:** Take Me by 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