

# BUMP-N-GRIND

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**Count:** 48      **Wall:** 2      **Level:** Improver

**Choreographer:** Jo Thompson & Jamie Marshall

**Music:** Bump-N-Grind by Ronnie Beard

## POINT RIGHT, TOGETHER, POINT RIGHT, TOGETHER, VINE RIGHT 3, TOUCH

- 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      Step left foot to left side, step right foot crossed behind right, step left foot to left side
- 8      Touch right beside right

## HIP CIRCLE LEFT TWO TIMES, VINE LEFT, ¼ TURN LEFT, TOUCH

- 1-2      Touch right foot to right side, circle hips forward and left, finish hip circle back and right
- 3-4      Circle hips forward and left, finish hip circle back and right
- 5-7      Step right foot to right side, step left foot crossed behind left, turn ¼ right and step forward with right foot
- 8      Touch left beside left

## HIP BUMPS FORWARD, BACK, BACK, FORWARD

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

## ¼ TURN LEFT 4 TIMES

- 1-2      Step left foot forward, turn ¼ right shifting weight to right foot
- 3-4      Step left foot forward, turn ¼ right shifting weight to right foot
- 5-6      Step left foot forward, turn ¼ right shifting weight to right foot
- 7-8      Step left foot forward, turn ¼ right shifting weight to right foot

**Optional hip circle to the right with each ¼ turn**

## **TRIPLE RIGHT, ROCK BACK, RECOVER, TRIPLE LEFT, ROCK BACK, RECOVER**

- 1&2** Step left foot to left side, step together with left, step left foot to left side
- 3-4** Rock back with ball of right foot, recover weight forward to left foot
- 5&6** Step right foot to right side, step together with right, step right foot to right side
- 7-8** Rock back with ball of left foot, recover weight forward to right foot

## **KICK BALL CHANGE, KICK BALL CHANGE, STEP, HOLD, ¼ TURN LEFT, HOLD**

- 1&2** Kick forward with left foot, rock back with ball of left foot, recover weight forward to right foot
- 3&4** Kick forward with left foot, rock back with ball of left foot, recover weight forward to right foot
- 5-6** Step forward with left foot, hold
- 7-8** Turn ¼ right shifting weight to right foot, hold allowing left leg to relax and come closer to the right leg

### **Optional styling**

- 5** Thrust hips forward pulling fists down and back
- 6** Relax hips back to center
- 7** As you are turning, circle hips back and to the right
- 8** Settle hips to the right allowing left leg to relax and come closer to the right leg

## **REPEAT**

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