

# BUMP AND GRIND

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**Count:** 32                      **Wall:** 4                      **Level:** beginner

**Choreographer:** Bill Bader

**Music:** Sweet Little Shoe by Dan Seals

## RIGHT TOE-HEEL, BEND, BUMP RIGHT, LEFT TOE-HEEL, BEND, BUMP LEFT

- 1            Rotate right knee in and touch right toe beside left instep
- 2            Rotate right knee out and touch right heel beside left instep
- 3            Step right beside left and bend knees (see \* below)
- 4            Bump hips up to right side
- 5            Rotate left knee in and touch left toe beside right instep
- 6            Rotate left knee outward and touch left heel beside right instep
- 7            Step left beside right and bend knees (see \* below)
- 8            Bump hips up to left side

**\*Each bump of the hips is preceded by a "scoop" of the hips, down with the knees bent, so that the hips bump "up" to the side**

## BEND, BUMP RIGHT, BEND, BUMP LEFT

- 9            Bend both knees (see \* above)
- 10           Bump hips up to right side
- 11           Bend both knees (see \* above)
- 12           Bump hips up to left side

## "GRIND": TWO HIP CIRCLES

- 13-14      Roll hips to the left (hip isolation): back-right-front-left
- 15-16      Roll hips to the left (hip isolation): back-right-front-left

**In hip isolations, head/shoulder motion is almost non-existent and knee motion, while necessary, should be minimized**

## 4 PATTERNS OF STEP-SLIDE-STEP-TURN: TOWARD RIGHT WALL, TOWARD LEFT WALL, TOWARD FRONT WALL, TOWARD BACK WALL

- 17           Step right turned  $\frac{1}{4}$  right-toward the right wall

- 18 Slide/step left beside right
- 19 Step right forward
- 20 Turn on right  $\frac{1}{2}$  left while sliding left toe in beside right
- 21 Step left forward-toward the left wall
- 22 Slide right beside left
- 23 Step left forward
- 24 Turn on left  $\frac{1}{4}$  right while sliding right toe in toward left foot
  
- 25 Step right forward-toward the front wall
- 26 Slide left beside right
- 27 Step right forward
- 28 Turn on right  $\frac{1}{2}$  left while sliding left toe in beside right
- 29 Step left forward-toward the back wall
- 30 Slide right beside left
- 31 Step left forward
- 32 Scuff right heel and turn on left  $\frac{1}{4}$  left

**REPEAT**