

# BUMPIN' AND THUMPIN'

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**Count:** 56

**Wall:** 4

**Level:** intermediate

**Choreographer:** Nancy De Moss

**Music:** Fifty-Fifty by Keith Stegall

## VINE RIGHT, TURN, STOMP, DIAGONAL HIP BUMPS

- 1-2** Step right foot to right side; cross-step left behind right
- 3-4** Pivoting  $\frac{1}{2}$  turn right, step on right foot; stomp left beside right
- 5-6** Bump hips forward diagonally right; bump hips back diagonally left
- 7&8** Bump hips forward diagonally right; bump hips back diagonally left; bump hips forward diagonally right
- 9-10** Bump hips forward diagonally left; bump hips back diagonally right
- 11&12** Bump hips forward diagonally left; bump hips back diagonally right; bump hips forward diagonally left

## VINE RIGHT, TURN, STOMP, DIAGONAL HIP BUMPS

- 13-14** Step right foot to right side; cross-step left behind right
- 15-16** Pivoting  $\frac{1}{2}$  turn right, step on right foot; stomp left beside right
- 17-18** Bump hips forward diagonally right; bump hips back diagonally left
- 19&20** Bump hips forward diagonally right; bump hips back diagonally left; bump hips forward diagonally right
- 21-22** Bump hips forward, diagonally left; bump hips back diagonally right
- 23&24** Bump hips forward diagonally left; bump hips back diagonally right; bump hips forward diagonally left

## RIGHT HEEL & TOE TOUCHES

- 25-26** Touch right heel forward; stomp (up) right foot beside left
- 27-28** Touch right heel forward; stomp (up) right foot beside left
- 29-30** Lean body back and extend right heel way forward; hold
- 31-32** Lean body forward and extend right toe way back; hold
- 33-34** Lean body back and extend right heel way forward; lean body forward and extend right toe way back

**35-36** Step forward on right foot; stomp (up) left foot beside right

### **LEFT HEEL & TOE TOUCHES**

**37-38** Touch left heel forward; stomp (up) left foot beside right

**39-40** Touch left toe back; stomp (up) left foot beside right

**41-42** Lean body back and extend left heel way forward; hold

**43-44** Lean body forward and extend left toe way back; hold

**45-46** Lean body back and extend left heel way forward; lean body forward and extend left toe way back

**47-48** Step left foot forward; stomp (up) right foot beside left

### **STEPS BACK, STOMP**

**49-50** Step right foot back; stomp (up) left foot beside right & clap hands

**51-52** Step left foot back; stomp (up) right foot beside left

**53-54** Step right foot back; stomp (up) left foot beside right & clap hands

**55-56** Step left foot back; stomp (up) right foot beside left

### **REPEAT**