

BUMP 'N' GRIND

LINEDANCE.COM

Count: —

Wall: 1

Level: intermediate/advanced

Choreographer: Nicki Rogers

Music: She Bangs by Ricky Martin

Sequence: ABB, Tag, ABB, Tag, CBBB

SECTION A

- 1-4** Right vine with left scuff
- 5-6-7&8** Left chasse rock back on right
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- 1&2** Right kick ball change
- 3&4** Right kick ball change
- 5-6-7&8** Walk right, left, right shuffle
-
- 1&2** Left kick ball change
- 3&4** Left kick ball change
- 5-6-7&8** Walk left, right, left shuffle
-
- 1-2-3&4** Right rock forward, triple half turn
- 5-6-7&8** Left rock forward, coaster
-
- 1-4** Right side rock, sailor
- 5-8** Left side rock, sailor
-
- 1-4** Right kick front, kick side, coaster
- 5-8** Left kick front, kick side, coaster

1-4 Monterey half

5-8 Monterey half

1&2-3-4 Right side chasse, rock back left

5&6-7-8 Left side chasse, rock back right

1-2&3-4 Syncopated vine, touch right to right side

5-6-7-8 Step right behind left, touch left to left side, step left to front, unwind

1-2-3-4 Right jazz box

5&6&7-8 Heel switches right, left, right, clap, clap

1&2&3-4 Heel switches left, right, left, clap, clap

5-6 Right step, wiggle bum

7-8 Left step, wiggle bum

1-2 Right to side, back in, weight onto right

3-4 Left to side, back in, weight onto left (left slightly behind right)

5-8 Sit down, stand up, sit down, stand up

SECTION B

1-4 Two right Elvis knees

5-8 Two left Elvis knees

1-4 Right front, side, switch, switch

5-8 Right front, side, switch, switch

1-4 Shoulder pops right, left, right, left(on last, bring right to left and change weight)

5-8 Shoulder pops left, right, left, right(on first, left out, on last left in)

1-4 Right rock forward, triple half

5-6-7&8 Left rock forward, recover, coaster

SECTION C

1-2-3&4 Right rock forward, $\frac{3}{4}$ turn

5-6-7&8 Left rock forward, coaster

1-2-3&4 Skate right, left, right shuffle

5-6-7&8 Skate left, right, left shuffle

1-2-3&4 Right cross rock, right chasse

5-6-7&8 Left cross rock, left chasse

1-2-3&4 Right rock forward, $\frac{3}{4}$ turn

5-6-7&8 Left rock coaster

1-2&3-4 Syncopated vine to right, touch right to right side

5-8 Step right behind left, touch left to left side, step left to front, unwind

1-4 Right jazz box

5&6&7-8 Heel switches right, left, right, clap, clap

1&2&3-4 Heel switches left, right, left, clap, clap

5-6 Right step, wiggle bum

7-8 Left step, wiggle bum

- 1-2** Right to side, back in, weight onto right
- 3-4** Left to side, back in, weight onto left (left slightly behind right)
- 5-8** Sit down, stand up, sit down, stand up

1-4 Hold

TAG

- 1&2** Right rock and cross
- 3&4** Left rock and cross
- 5-8** Right jazz box