

# BUMP 'N GRIND

LINEDANCE.COM

**Count:** 48

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Jan Wyllie

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

**Start after count 40 on the word 'cheer'**

- 1-2-3-4** Step right to right, step left behind right, step right to right, touch left beside right keeping weight on right
- 5-6-7-8** Bump hips left, right, left, right
- 9-10-11-12** Step left to left, step right behind left, step left to left, touch right beside left keeping weight on left
- 13-14** Step forward on right, pivot  $\frac{1}{4}$  left transferring weight to left (put lots of hip action into this)
- 15-16** Step forward on right, pivot  $\frac{1}{4}$  left transferring weight to left (put lots of hip action into this)
- 17&18** Shuffle forward right, left, right making  $\frac{1}{2}$  turn left
- 19-20** Rock/step back on left, rock forward on right
- 21&22** Shuffle forward left, right, left
- 23-24** Rock/step forward on right, rock back on left
- 25&26** Shuffle back right, left, right
- 27-28** Touch left toe back, unwind  $\frac{1}{2}$  left taking weight on right
- 29&30** Shuffle back left, right, left
- 31-32** Rock/step back on right, rock forward on left
- 33-34** Step forward on right toward right diagonal, slide left to right keeping weight on right

- 35-36** Rock weight back onto left, rock weight forward onto right (hip bumps)
- 37-38** Step forward on left towards left diagonal, slide right to left keeping weight on left
- 39-40** Rock weight back onto right, rock weight forward onto left (hip bumps)
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- 41-42** Step back on right towards right diagonal, stomp left beside right and clap
- 43-44** Step back on left towards left diagonal, stomp right beside left and clap
- 45-46** Step back on right towards right diagonal, stomp left beside right and clap
- 47-48** Step back on left towards left diagonal, stomp right beside left and clap

**REPEAT**