

Bump-N-Grind



48 count 2 wall Beginner/Intermediate line dance choreographed 9/00 by Jo Thompson and Jamie Davis

Suggested music: "Bump-n-Grind" by Ronnie Beard - www.ronniebeard.com

POINT R, TOGETHER, POINT R, TOGETHER, VINE R 3, TOUCH

- 1-2 Touch R toe to R side with R hip bump (1), Touch R beside L, hips center (2).
- 3-4 Touch R toe to R side with R hip bump (3), Touch R beside L, hips center (4).
- 5-7 Step R foot to R side (5), Step L foot crossed behind R (6), Step R foot to R side (7).
- 8 Touch L beside R.

HIP CIRCLE L TWO TIMES, VINE L, 1/4 TURN L, TOUCH

- 1-2 Touch L foot to L side, circle hips forward and left (1), finish hip circle back and right (2).
- 3-4 Circle hips forward and left (3), Finish hip circle back and right (4).
- 5-7 Step L foot to L side (5), Step R foot crossed behind L (6), Turn 1/4 L, step forward with L foot (7).
- 8 Touch R beside L.

HIP BUMPS FORWARD, BACK, BACK, FORWARD

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

1/4 TURN LEFT 4 TIMES

- 1-2 Step R foot forward (1), Turn 1/4 L shifting weight to L foot (2).
 - 3-4 Step R foot forward (3), Turn 1/4 L shifting weight to L foot (4).
 - 5-6 Step R foot forward (5), Turn 1/4 L shifting weight to L foot (6).
 - 7-8 Step R foot forward (7), Turn 1/4 L shifting weight to L foot (8).
- Note: Optional counterclockwise hip circle with each 1/4 turn.

TRIPLE R, ROCK BACK, RECOVER, TRIPLE L, ROCK BACK, RECOVER

- 1&2 Step R foot to R side (1), Step together with L (&), Step R foot to R side (2).
- 3-4 Rock back with ball of L foot (3), Recover weight forward to R foot (4).
- 5&6 Step L foot to L side (5), Step together with R (&), Step L foot to L side (6).
- 7-8 Rock back with ball of R foot (7), Recover weight forward to L foot (8).

KICK BALL CHANGE, KICK BALL CHANGE, STEP, HOLD, 1/4 TURN L, HOLD

- 1&2 Kick forward with R foot (1), Rock back with ball of R foot (&), Recover weight forward to L foot (2).
 - 3&4 Kick forward with R foot (3), Rock back with ball of R foot (&), Recover weight forward to L foot (4).
 - 5-6 Step forward with R foot (5), Hold (6).
 - 7-8 Turn 1/4 L, shifting weight to L foot (7), Hold allowing R leg to relax and come closer to the L leg (8).
- Optional Styling: On Count 5, Thrust hips forward pulling fists down and back, Count 6 relax hips back to center, Count 7, as you are turning, circle hips back and to the right, Count 8 settle hips to the left allowing R leg to relax and come closer to the L leg.

START AGAIN FROM BEGINNING.

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