

BUMP 'N' GRIND

Choreographed 09/00 by Jo Thompson & Jamie Davis

Description: 48-count, 2-wall, Beginner/Intermediate, line dance

Choreographed to Bump 'N' Grind, Ronnie Beard, 132 BPM

1-8 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)

5-6 Step R foot to R side (5), Step L foot crossed behind R (6)

7-8 Step R foot to R side (7), Touch L beside R

9-16 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)

5-6 Step L foot to L side (5), Step R foot crossed behind L (6)

7-8 Turn 1/4 L and step forward with L foot (7), Touch R beside L

17-24 HIP BUMPS FORWARD, BACK, BACK, FORWARD

1&2 Place R forward to R front diagonal and bump hips R, L, R shifting weight forward to R

3&4 Bump hips L, R, L shifting weight back to L foot

5&6 Place R back to R back diagonal and bump hips R, L, R shifting weight back to R

7&8 Bump hips L, R, L shifting weight forward to L foot

25-32 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

33-40 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)

41-48 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 (&), Recover weight forward to L (2)

3&4 Kick forward with R (3), Rock back with ball of R (&), Recover weight forward to L (4)

5-6 Step forward with R foot (5), Hold (6)

7-8 Turn 1/4 L, shifting weight to L (7), Hold allowing R to relax and come closer to the L (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.