

As Published in



Bump 'n' Grind

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2 Wall Line Dance. 48 Counts. Intermediate Level.
Choreographed by: Jo Thompson & Jamie Davis
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Choreographed to: 'Bump 'N' Grind' by Ronnie Beard (132 bpm).

| Steps | Actual Footwork | Calling Suggestion | Direction |
|------------------|---|--------------------|--------------|
| Section 1 | Right Points, Together, with Hip Bumps, Grapevine Right Touch. | | |
| 1 | Touch right to right side, bumping hips right. | Bump Right | On the spot |
| 2 | Touch right beside left, returning hips to centre. | Together | |
| 3 | Touch right to right side, bumping hips right. | Bump Right | |
| 4 | Touch right beside left, returning hips to centre. | Together | |
| 5 – 6 | Step right to right side. Cross left behind right. | Step. Behind. | Right |
| 7 – 8 | Step right to right side. Touch left beside right. | Step. Touch. | |
| Section 2 | Hip Roll Left x 2, Grapevine with 1/4 Turn Left, Touch. | | |
| 9 | Touch left to left side, circling hips forward and left. | Hip | On the spot |
| 10 | Complete hip circle back and right. | Roll | |
| 11 – 12 | Repeat hip circle, weight ends on right. | Hip Roll | |
| 13 – 14 | Step left to left side. Cross right behind left. | Step. Behind. | Left |
| 15 – 16 | Step left 1/4 turn left. Touch right beside left. | Turn. Touch. | Turning left |
| Section 3 | Hip Bumps Forward, Back, Back & Forward. | | |
| 17 & 18 | Step right diagonally forward right, bumping hips – Right, Left, Right. | Right Hip Bump | Forward |
| 19 & 20 | Bump hips – Left, Right, Left, weight ending back on left. | Back Hip Bump | On the spot |
| 21 & 22 | Step right diagonally back right, bumping hips – Right, Left, Right. | Back Hip Bump | Back |
| 23 & 24 | Bump hips – Left, Right, Left, weight ending forward on left. | Left Hip Bump | On the spot |
| Section 4 | Step 1/4 Pivots Left x 4, with optional Hip Rolls. | | |
| 25 – 26 | Step forward right. Pivot 1/4 turn left. | Step. Turn. | Turning left |
| 27 – 32 | Repeat steps 25 – 26 three more times. | | |
| Note: | Optional (ACW) hip circles can be done with these pivot turns. | | |
| Section 5 | Chasse Right, Back Rock, Chasse Left, Back Rock. | | |
| 33 & 34 | Step right to right side. Close left beside right. Step right to right side. | Side Close Side | Right |
| 35 – 36 | Rock back on left. Rock forward onto right. | Back Rock | On the spot |
| 37 & 38 | Step left to left side. Close right beside left. Step left to left side. | Side Close Side | Left |
| 39 – 40 | Rock back on right. Rock forward onto left. | Back Rock | On the spot |
| Section 6 | Right Kick Ball Change x 2, Step, Hold, 1/4 turn Left Hold. | | |
| 41 & 42 | Kick forward right. Rock back on ball of right. Rock forward onto left. | Kick Ball Change | On the spot |
| 43 & 44 | Kick forward right. Rock back on ball of right. Rock forward onto left. | Kick Ball Change | |
| 45 – 46 | Step forward right. Hold. | Step. Hold. | Forward |
| 47 – 48 | Pivot 1/4 turn left. Hold. (weight ends on left relax right beside left) | Turn. Hold. | Turning left |
| Option | On count 45, thrust hips forward pulling fists down and back. On 46 relax hips to centre. Circle hips (ACW) when turning left on 47. | | |