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Bump 'n' Grind

Phrased Intermediate level

Choreographer : Nicki Rogers (UK) April 2001

Choreographed to : She Bangs by Ricky Martin

Formation: A,B,B Tag A,B,B Tag C,B,B,B

SECTION A

VINE WITH A CHASSE.KICK BALL CHANGE X2

1,2,3,4 R Vine with L Scuff
1,2,3&4 L Chasse Rock Back on R
1&2 R Kick Ball Change
3&4 R Kick Ball Change

WALK, SHUFFLE,KICK BALL CHANGEX2

1,2,3&4 Walk R,L, R Shuffle
1&2 L Kick Ball Change
3&4 L Kick Ball Change

WALK, SHUFFLE ROCK TRIP E 1/2 TURN, ROCK COASTER

1,2,3&4 Walk L,R, L Shuffle
1-3&4 R Rock Forward, Triple Half Turn
1,2,3&4 L Rock Forward, Coaster

SAILOR STEP, KICKS AND COASTER X2

1,2,3,4 R Side Rock, Sailor
1,2,3,4 L Side Rock, Sailor
1,2,3,4 R Kick Front, Kick Side, Coaster
1,2,3,4 L Kick Front, Kick Side, Coaster

FULL MONTERAY

1-8 Monterey Full Turn

SIDE CHASSE ROCK BACK, SYNCOPATE VINE WITH TOUCHES, UNWIND

1&2,3,4 R Side Chasse, Rock Back L
1&2,3,4 L Side Chasse, Rock Back R
1,2&3,4 Syncopated Vine, Touch R To R Side
5,6,7,8 Step R Behind L, Touch L To L Side, Step L To Front, Unwind

JAZZ BOX, HEEL SWITCHES

1,2,3,4 R Jazz box
1&2&3,4 Heel Switches R,L,R, Clap, Clap
1&2&3,4 Heel Switches L,R,L, Clap Clap

STEP WIGGLES SIDE TOUCHES, SIT DOWN STAND UP

1,2 R Step, Wiggle Bum
3,4 L Step, Wiggle Bum
1,2 R To Side, Back In, Weight onto R
3,4 L To Side, Back In, Weight onto L(L Slightly Behind R)

1-4 Sit Down, Stand Up, Sit Down, Stand Up

SECTION B

ELVIS KNEESX2 SWITCHESX2

1,2,3,4 R Elvis Knee (2)
1,2,3,4 L Elvis Knee (2)
1,2,3,4 R Front, Side, Switch, Switch
1,2,3,4 R Front, Side, Switch, Switch

SHOULDER POPS

1,2,3,4 Shoulder Pops R,L,R,L(On Last, Bring R To L And Change Weight)
1,2,3,4 Shoulder Pops L,R,L,R(On First, L Out, On Last L In)

ROCK TRIPLE 1/2 ROCK COASTER

1,2,3,4 R Rock Forward, Triple Half
1,2,3&4 L Rock Forward, Recover, Coaster

SECTION C

ROCK TRIPLE 3/4 ROCK COASTER

1,2,3&4 R Rock Forward, 3/4 Turn
1,2,3&4 L Rock Forward, Coaster

SKATES WITH SUFFLES

1,2,3&4 Skate R,L, R Shuffle
1,2,3&4 Skate L,R, L Shuffle

CROSS ROCKS WITH SIDE CHASSES

1,2,3&4 R Cross Rock, R Chasse
1,2,3&4 L Cross Rock, L Chasse

ROCK TRIPLE 3/4 ROCK COASTER

1,2,3&4 R Rock Forward, 3/4 Turn
1,2,3&4 L Rock Coaster

SYNCOPATED VINE WITH TOUCHES UNWIND

1,2&3,4 Syncopated Vine To R, Touch R To R Side
1,6,7,8 Step R Behind L, Touch L To L Side, Step L To Front, Unwind

JAZZ BOX HEEL SWITCHES

1,2,3,4 R Jazz box
1&2&3,4 Heel Switches R,L,R, Clap, Clap
1&2&3,4 Heel Switches L,R,L, Clap Clap

STEP WIGGLES, SIDE TOUCHES

1,2 R Step, Wiggle Bum
3,4 L Step, Wiggle Bum
1,2 R To Side, Back In, Weight onto R
3,4 L To Side, Back In, Weight onto L (L Slightly Behind R)

SIT DOWN STAND UP

1,2,3,4 Sit Down, Stand Up, Sit Down, Stand Up

TAG

1&2 R Rock And Cross
3&4 L Rock And Cross
1,2,3,4 R Jazz box