



Bump And Swing

64 Count 2 Wall Intermediate Level Dance.
Choreographed by: Fred Whitehouse (IRL) Nov 2024
Choreographed to: Bump by C.U.T
Intro: 4 Counts. Start at approx 1 secs.

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SEC 1 SIDE, CROSS ROCK, SIDE SHUFFLE, HOLD, TOGETHER, CROSS, SIDE SHUFFLE

- 1 Step right to right
- 2-3 Cross rock left over right, recover weight onto right
- 4&5 Step left to left, step right beside left, step left to left
- 6&7 Hold, step right beside left, cross left over right
- 8&1 Step right to right, step left beside right, step right to right

SEC 2 TOGETHER, STEP, SHUFFLE, STEP, ½ PIVOT, FULL TURN

- 2-3 Step left beside right, step right forward
- 4&5 Step left forward, step right beside left, step left forward
- 6-7 Step right forward, pivot ½ left transferring weight on to left (6:00)
- 8& Turn ½ left step right back, turn ½ left step left forward (6:00)

SEC 3 ¼ HIP ROLL PADDLE TURN X4

- 1-2 Turn ¼ left step right to right rolling hips anticlockwise, step left forward (3:00)
- 3-4 Turn ¼ left step right to right rolling hips anticlockwise, step left forward (12:00)
- 5-6 Turn ¼ left step right to right rolling hips anticlockwise, step left forward (9:00)
- 7-8 Turn ¼ left step right to right rolling hips anticlockwise, step left forward (6:00)

SEC 4 BOTOFOGO, BOTOFOGO, ROCK, BACK, TOUCH, BACK, TOUCH

- 1&2 Cross right over left, rock left to left, recover weight onto right
- 3&4 Cross left over right, rock right to right, recover weight onto left
- 5-6 Rock right forward, recover weight onto left
- &7&8 Step right back, touch left forward, step left back, touch right forward

Restart Here on Wall 3

SEC 5 STEP, ¼ SIDE, SAILOR STEP, ¼ WALK, ¼ WALK, ½ RUN AROUND

- 1-2 Step right forward, turn ¼ right step left to left (9:00)
- 3&4 Step right behind left, step left to left, step right to right
- 5-6 Turn ¼ left step left forward, turn ¼ left step right forward (3:00)
- 7&8 Turn ¼ left step left forward, turn ¼ left step right forward, step left forward (9:00)

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SEC 6 HIP ROLL POINT, HIP ROLL POINT, BEHIND, ¼ STEP, STEP, ½ PIVOT

- 1-2 Step right to right rolling hips anticlockwise from left to right, point left to left
- 3-4 Step left to left rolling hips clockwise from right to left, point right to right
- 5-6 Step right behind left, turn ¼ left step left forward (6:00)
- 7-8 Step right forward, pivot ½ left transferring weight on to left (12:00)

SEC 7 WALK, WALK, MAMBO STEP, BACK, BACK, BACK MAMBO

- 1-2 Step right forward, step left forward
- 3&4 Rock right forward, recover weight onto left, step right back
- 5-6 Step left back swivelling right toe to right, step right back swivelling left toe to left
- 7&8 Rock left back, recover weight onto right, step left forward

SEC 8 HIP & TOGETHER, ½ HIP & TOGETHER, STEP, TOGETHER, BOUNCE HEELS X2

- 1&2 Touch right forward bumping right hip forward, bump left hip back, step right beside left
- 3&4 Turn ½ left touch left forward bumping left hip forward, bump right hip back, step left beside right (6:00)
- 5-6 Step right forward, step left beside right
- 7-8 Bounce both heels, bounce both heels

