



Bump-N-Grind

Choreographed by Jo Thompson & Jamie Marshall

Description: 48 count, 2 wall, beginner/intermediate line dance
Music: **Bump-N-Grind** by Ronnie Beard [CD: Ronnie Beard]

Start dancing on lyrics

POINT RIGHT, TOGETHER, POINT RIGHT, TOGETHER, VINE RIGHT 3, TOUCH

1-2 Touch right to side with right hip bump, touch right beside left (hips center)
 3-4 Touch right to side with right hip bump, touch right beside left (hips center)
 5-7 Step right to side, cross left behind right, step right to side
 8 Touch left together

HIP CIRCLE LEFT TWO TIMES, VINE LEFT, ¼ TURN LEFT, TOUCH

1-2 Touch left foot to left side, circle hips forward and left, finish hip circle back and right
 3-4 Circle hips forward and left, finish hip circle back and right
 5-7 Step left to side, cross right behind left, turn ¼ left and step forward with left foot
 8 Touch right together

HIP BUMPS FORWARD, BACK, BACK, FORWARD

1&2 Place right foot forward to right front diagonal, bump hips right, left, right shifting weight forward to right foot
 3&4 Bump hips left, right, left shifting weight back to left foot
 5&6 Place right foot back to right back diagonal, bump hips right, left, right shifting weight back to right foot
 7&8 Bump hips left, right, left shifting weight forward to left foot

¼ TURN LEFT 4 TIMES

1-2 Step right forward, turn ¼ left (weight to left)
 3-4 Step right forward, turn ¼ left (weight to left)
 5-6 Step right forward, turn ¼ left (weight to left)
 7-8 Step right forward, turn ¼ left (weight to left)

Optional hip circle to the left with each ¼ turn

TRIPLE RIGHT, ROCK BACK, RECOVER, TRIPLE LEFT, ROCK BACK, RECOVER

1&2 Chassé side right, left, right
 3-4 Rock back with ball of left foot, recover weight forward to right foot
 5&6 Chassé side left, right, left
 7-8 Rock back with ball of right foot, recover weight forward to left foot

KICK BALL CHANGE, KICK BALL CHANGE, STEP, HOLD, ¼ TURN LEFT, HOLD

1&2 Kick right forward, rock back with ball of right foot, recover weight forward to left foot
 3&4 Kick right forward, rock back with ball of right foot, recover weight forward to left foot
 5-6 Step right forward, hold
 7-8 Turn ¼ left shifting weight to left foot, hold allowing right leg to relax and come closer to the left leg

Optional styling

5 Thrust hips forward pulling fists down and back
 6 Relax hips back to center
 7 As you are turning, circle hips back and to the right
 8 Settle hips to the left allowing right leg to relax and come closer to the left leg

REPEAT

Jo Thompson | Email: jo.thompson@comcast.net | Website: <http://www.jothompson.blogspot.com>
 Address: Jo Thompson Szymanski, 10950 Bellbrook Circle, Highlands Ranch, CO 80130 | Phone: 303-791-5717
Jamie Marshall | Email: jamie@thejamiemarshall.com | Website: <http://www.thejamiemarshall.com>
 Address: 1000 Northview Drive, Hendersonville, TN 37075 | Phone: 615-822-7345

Print layout ©2005 - 2010 by Kickit. All rights reserved.