



## 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

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