



Bump-N-Grind

Choreographed by Jo Thompson & Jamie Davis
Description: 48 count, 2 wall, beginner/intermediate line dance
Music: "Bump-N-Grind" by Ronnie Beard

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

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

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 foot to left side, step right foot crossed behind left, turn ¼ left and step forward with left foot
8 Touch right beside left

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 foot forward, turn ¼ left shifting weight to left foot
3-4 Step right foot forward, turn ¼ left shifting weight to left foot
5-6 Step right foot forward, turn ¼ left shifting weight to left foot
7-8 Step right foot forward, turn ¼ left shifting weight to left foot
Optional hip circle to the left with each ¼ turn

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

1&2 Step right foot to right side, step together with left, step right foot to right side
3-4 Rock back with ball of left foot, recover weight forward to right foot
5&6 Step left foot to left side, step together with right, step left foot to left side
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 forward with right foot, rock back with ball of right foot, recover weight forward to left foot
3&4 Kick forward with right foot, rock back with ball of right foot, recover weight forward to left foot
5-6 Step forward with right foot, 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

7a S 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