

# **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:

5-6 Thrust hips forward pulling fists down and back, relax hips back to center

7-8 As you are turning, circle hips back and to the right, settle hips to the left allowing right to relax and come closer to the left

**REPEAT**