

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

Taught by JANET KRUSE, www.dancewithjanet.com – janet@dancewithjanet.com / facebook.com/dancewithjanet