

# BUMP-N-GRIND

**Count:** 48    **Wall:** 2    **Level:** beginner/intermediate

**Choreographer:** Jo Thompson & Jamie Marshall

**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  $\frac{1}{4}$  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**