

Bump and Grind



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Description: 4 Wall Line Dance, 32 Counts, Beginner Level

Choreographer: Bill Bader 604-684-2455 billbader@hotmail.com

Music: "Memphis Women And Chicken" by T. Graham Brown (112 bpm) CD: Wine Into Water
(Bump And Grind makes a very good floor split with Fried Chicken, an upper level dance)

"Cleopatra, Queen Of Denial" by Pam Tillis (128 bpm)

"I Feel Lucky" by Mary-Chapin Carpenter (124 bpm)

"Swingin'" by John Anderson (110 bpm)

Choreographers Notes: You can have a lot of fun with this easy dance, suitable for beginners.

As you will see, the name is no accident!

RIGHT SUGARFOOT (TOE, HEEL), BEND KNEES, BUMP RIGHT,

LEFT SUGARFOOT (TOE, HEEL), BEND KNEES, BUMP LEFT

1-2 Rotate R knee in and Touch R toe beside L, Rotate R knee out and Touch R heel beside L

3 Step R beside L and bend knees (See * below)

4 Bump hips up to right side *

5-6 Rotate L knee in and Touch L toe beside R, Rotate L knee out and Touch L heel beside R instep

7 Step L beside R and bend knees *

8 Bump hips up to left side *

* Note: Each BUMP of the hips is preceded by a "scoop" of the hips, down with knees bent, so that the hips bump "up" to the side.

BEND KNEES, BUMP RIGHT, BEND KNEES, BUMP LEFT

9-10 Bend both knees as above, Bump hips up to right side

11-12 Bend both knees as above, Bump hips up to left side

"GRIND": TWO HIP CIRCLES

13-14 Roll hips counterclockwise: back-right-front-left

15-16 Repeat 13-14

4 PATTERNS OF STEP-SLIDE-STEP-TURN: TOWARD RIGHT WALL,
TOWARD LEFT WALL, TOWARD FRONT WALL, TOWARD BACK WALL

17 Step R turned 1/4 right (3:00)

18 Slide L beside R (weight onto L)

19 Step R forward

20 Turn 1/2 left while sliding L toe in beside R (9:00)

21 Step L forward

22 Slide R beside Left (weight onto R)

23 Step L forward

24 Turn 1/4 right while sliding R toe in toward L foot (12:00)

25 Step R forward

26 Slide L beside Right (weight onto L)

27 Step R forward

28 Turn 1/2 left while sliding L toe in beside R (6:00)

29 Step L forward

30 Slide R beside L (weight onto R)

Linedance Stompers - keep on line dance!

31 Step L forward

32 Scuff R heel and turn on L 1/4 left (3:00)

End of pattern. Begin again...

Supplied by: Tukta R.W | Contact: linedancestompers@gmail.com | Source: <http://www.linedancestompers.de/stepsheets/bump-and-grind/>