Bump and Swing

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Fred Whitehouse (IRE) - November 2024
Music: Bump - C.U.T.

Intro: 4 Counts, Start at approx. 1 secs

SEC 1 Side, Cross Rock, Side Shuffle, Hold, Together, Cross, Side Shuffle

1	Step right to right
2-3	Cross rock left over right, recover weight onto right
4&5	Step left to left, step right beside left, step left to left
6&7	Hold, step right beside left, cross left over right
8&1	Step right to right, step left beside right, step right to right

SEC 2 Rock, Recover, Shuffle, Step, ½ Pivot, Full Turn

2-3	Rock left back, recover on right
4&5	Step left forward, step right beside left, step left forward
6-7	Step right forward, pivot ½ left transferring weight on to left (6:00)
8&	Turn ½ left step right back, turn ½ left step left forward (6:00)

SEC 3 ¼ Hip Roll Paddle Turn x4

1-2	Turn ¼ left step right to right rolling hips anticlockwise, step left forward (3:00)
3-4	Turn ¼ left step right to right rolling hips anticlockwise, step left forward (12:00)
5-6	Turn ¼ left step right to right rolling hips anticlockwise, step left forward (9:00)
7-8	Turn ¼ left step right to right rolling hips anticlockwise, step left forward (6:00)

SEC 4 Botofogo, Botofogo, Rock, Back, Touch, Back, Touch

1&2	Cross right over left, rock left to left, recover weight onto right
3&4	Cross left over right, rock right to right, recover weight onto left
5-6	Rock right forward, recover weight onto left
&7&8	Step right back, touch left forward, step left back, touch right forward

***RESTART* During wall 3 facing 6.00**

SEC 5 Step, ¼ Side, Sailor Step, ¼ Walk, ¼ Walk, ½ Run Around

1-2	Step right forward, turn ¼ right step left to left (9:00)
3&4	Step right behind left, step left to left, step right to right
5-6	Turn ¼ left step left forward, turn ¼ left step right forward (3:00)
7&8	Turn ¼ left step left forward, turn ¼ left step right forward, step left forward (9:00)

SEC 6 Hip Roll Point, Hip Roll Point, Behind, ¼ Step, Step, ½ Pivot

1-2	Step right to right rolling hips anticlockwise from left to right, point left to left
3-4	Step left to left rolling hips clockwise from right to left, point right to right
5-6	Step right behind left, turn ¼ left step left forward (6:00)
7-8	Step right forward, pivot ½ left transferring weight on to left (12:00)

SEC 7 Walk, Walk, Mambo Step, Back, Back, Back Mambo

1-2	Step right forward, step left forward
3&4	Rock right forward, recover weight onto left, step right back
5-6	Step left back swivelling right toe to right, step right back swivelling left toe to left
7&8	Rock left back, recover weight onto right, step left forward

SEC 8 Hip & Together, ½ Hip & Together, Step, Together, Bounce Heels x2

1&2	Touch right forward bumping right hip forward, bump left hip back, step right beside left

3&4	Turn ½ left touch left forward bumping left hip forward, bump right hip back, step left beside right (6:00)
5-6	Step right forward, step left beside right
7-8	Bounce both heels, bounce both heels

Last Update: 14 Feb 2025
