

# Let it Bump

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**Count:** 48

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Jean-Pierre Madge (November 2017)

**Music:** Let it Bump by Missy Elliott and Timbaland

## **S1: Step, Heel, Heel, Turn, Ball Step, Cross ¼ L, Big Step back, Touch, Turn.**

**1a2** Step L forward (1), Swivel R heel ¼ R (a), Swivel L heel ¼ R (2),

**3&4** Swivel both heels back to front wall, weight is on R (3), Step L next R (&), Step R forward(4),

**5-6** Cross L over R (5), ¼ L Big Step R back (6),

**7-8** Touch L behind (7), Pivot ¼ L weight is on L (8).

## **S2: Cross Rock recover, Cross Rock Recover, Run Run, Hold, Run Run, Hold.**

**1&2** Cross rock R over L (1), Recover on L (&), Step R to R (2)

**3&4** Cross rock L over R (3), Recover on R (3), Step L to L (4),

**5&6** Run forward R,L (5&), hold (6)

**7&8** Run forward R,L (7&), hold (8).

**Optional arms: when you do the “holds” (6-8), Raise your hands like you are asking “what” to someone.**

## **S3: Cross, Back and Cross, Back and Cross And Cross And Cross, ½ Turn .**

**1-2** Cross R over L (1), Step L back (2),

**&3-4** Step R to R (&), Cross L over R (3) Step R back (4),

**&5&6** Step L to L (&), Cross R over L (5), Step L to L (&), Cross R over L (6),

**&7-8** Step L to L (&), Cross R over L (7), Unwind ½ turn L weight is on L (8).

## **S4: Kick and Knee Pop, Kick and Knee Pop, Kick and Rock Back Kick and Touch.**

**1&2&** Kick R forward (1), Step R next L (&), pop knees out (2), pop knee in (&) weight is on R,

**3&4&** Kick L forward (3), Step L next R (&), pop knees out (4), pop knee in (&) weight is on L,

**5&6&** Kick R forward (5), Step R next L (&) Rock back L (6), Recover (&),

**7&8** Kick L forward (7), Step L next R (&) Touch R back (8)

**Tag here, wall 4, facing 6 o'clock**

### **S5: Chest Turn, ball Touch, Chest Turn Ball Touch, Kick and Rock and Kick and Rock.**

- 1&2** Without moving your feet, turn your chest  $\frac{1}{4}$  R, weight is now on R, arms forward, hands closed palm facing down like you are holding a stick (1), Bring L next to R (&), Touch R back (2),
- 3&4** Without moving your feet, turn your chest  $\frac{1}{4}$  R, weight is now on R, arms forward, hands closed palm facing down like you are holding a stick (3), Bring L next to R (&), Touch R back (4),
- 5&6&** Kick R forward (5), R next L (&), Rock L to L (6), Recover (&),
- 7&8&** Kick L forward (7), L next R (&), Rock R to R (8), Recover (&).

### **S6: Sailor Step, Sailor Step, Pose.**

- 1&2** Cross R behind L (1), Step L to L (&), Step R to R (2)
- 3&4** Cross L behind R (3), Step R to R (3), Step L to L (4) weight is on L,
- 5-6** Cross R arm in front of your chest (5), Cross L arm over R arm (6)
- 7-&8** Transfer your weight on R and take a pose (7), move your head up and down like saying "what" (&8).

### **Tag:**

- 1-2&** Stomp R forward (1), Clap twice (2&),
- 3&4** Stomp L next R (3), Stomp R forward (&), Clap hands (4),
- 5-6** Stomp L forward (5), Clap hands (6),
- &7-8** Stomp R next L (&), Stomp L forward (7)  $\frac{1}{2}$  R (8) weight is on R.
- 1-2&** Stomp L forward (1), Clap twice (2&),
- 3&4** Stomp R next L (3), Stomp L forward (&), Clap hands (4),
- 5-6** Stomp R forward (5), Clap hands (6),
- &7-8** Stomp L next R (&) Stomp R forward (7),  $\frac{1}{2}$  L (8) weight is on R

### **Start again and have fun!**