

# Mom, The Bomp!

64 count, 2 wall, improver level

Choreographer: Niels Poulsen (DK) & Alexis Strong (UK), May 2016

Choreographed to: "Mom" by Meghan Trainor feat. Kelli Trainor

Intro: 32 counts

**Section 1 Step Slide, L Back Rock, L Step Slide, R Sailor 1/4 R Fwd**

- 1-4 Step R a big step to R side, slide L towards R, rock L back, recover fwd to R  
5-6 Step L a big step to L side, slide R towards L  
7&8 Cross R behind L, turn 1/4 R stepping L next to R, step fwd on R (3:00)

**Section 2 Fwd L, Side Point R, Fwd R, Side Point L, L Jazz Box, Cross**

- 1-4 Step fwd on L, point R to R side, step fwd on R, point L to L side  
5-8 Cross L over R, step back on R, step L to L side, cross R over L

**Section 3 L Step Slide, R Back Rock, R Step Slide, Behind Side Cross**

- 1-4 Step L a big step to L side, slide R towards L, rock back on R, recover fwd to L  
5-6 Step R a big step to R side, slide L towards R  
7&8 Cross L behind R, step R a small step to R side, cross L over R

**Section 4 Monterey 1/4 R, R Side Rock, R Back Rock**

- 1-4 Point R to R side, turn 1/4 R stepping R next to L, point L to L side, step L next to R (6:00)  
5-8 Rock R to R side recover onto L, rock back on R, recover fwd to L \*\*\* *Restart here on wall 2, facing 12:00*

**Section 5 R&L Side Points, R&L Heel Switches, R Rocking Chair**

- 1&2& Point R to R side, step R next to L, point L to L side, step L next to R  
3&4& Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R  
5-8 Rock R fwd, recover back on L, rock back on R, recover fwd onto L

**Section 6 1/4 L Into Step Touch, 1/4 L Fwd, Sweep R, R Jazz Box, Fwd L**

- 1-4 Turn 1/4 L stepping R to R side, touch L next to R, turn 1/4 L stepping L fwd, sweep R fwd (12:00)  
5-8 Cross R over L, step back on L, step R to R side, step fwd on L \*\*\* *Restart here on wall 5, facing 12:00*

**Section 7 R&L Heel Switches, R Shuffle Fwd, L Rocking Chair**

- 1&2& Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R  
3&4 Step R fwd, step L behind R, step R fwd  
5-8 Rock L fwd, recover back on R, rock back on L, recover fwd onto R

**Section 8 1/4 R Into Step Touch, 1/4 R Fwd, Sweep L, L Jazz Box, Touch R Together**

- 1-4 Turn 1/4 R stepping L to L side, touch R next to L, turn 1/4 R stepping R fwd, sweep L fwd (6:00)  
5-8 Cross L over R, step back on R, step L to L side, touch R next to L

**Restart 1:** *On wall 2 (starts facing 6:00), after 32 counts, facing 12:00*

**Restart 2:** *On wall 5 (starts facing 12:00), after 48 counts, facing 12:00*

**Ending:** *Complete wall 7 (starts facing 6:00) and step R a big step to R side to hit the last beat in the music. You automatically end facing 12:00.*

Quelle:

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