

The Bomp

64 count, 2 wall, improver level

Choreographer: Kim Ray (UK), May 2015

Choreographed to: "Who Put The Bomp?" by The Overtones, 8 count intro once the music kicks in

Section 1 Right Strut, Left Strut, Rocking Chair

- 1-2 Step right toe forward. Drop right heel taking weight
- 3-4 Step left toe forward. Drop left heel taking weight
- 5-8 Rock forward on right. Recover onto left. Rock back on right. Recover onto left

Section 2 Right Strut, Left Strut, Rocking Chair

- 1-2 Step right toe forward. Drop right heel taking weight
- 3-4 Step left toe forward. Drop left heel taking weight
- 5-8 Rock forward on right. Recover onto left. Rock back on right. Recover onto left

Section 3 Step, Hold, Pivot 1/2, Hold, Step Pivot 1/4, Cross, Hold

- 1-4 Step right forward. Hold. Pivot 1/2 turn left. Hold (6:00)
- 5-8 Step right forward. Pivot 1/4 turn left. Cross right over left. Hold (3:00)

Section 4 Back, Hold, Together Hold, Forward Shuffle, Hold

- 1-2 Step left large step back, pushing bottom back. Hold
- 3-4 Step right beside left. Hold
- 5-8 Step left forward. Close right beside left. Step left forward. Hold

Section 5 Side Right, Hold, Back Rock, Side Left, Hold, Back Rock

- 1-4 Step right large step to right side. Hold. Rock back on left. Recover onto right
- 5-8 Step left large step to left side. Hold. Rock back on right. Recover onto left

Section 6 Rumba Box With Holds

- 1-4 Step right to side. Step left eside right. Step right forward. Hold
- 5-8 Step left to side. Step right beside left. Step left back. Hold

Section 7 Lock Step Back, Hold, Coaster Step, Hold

- 1-4 Step right back. Lock left across right. Step right back. Hold
- 5-8 Step left back. Step right beside left. Step left forward. Hold

Section 8 Walk Hold, Walk Hold, Run 3/4 Turn

- 1-4 Walk forward right. Hold. Walk forward left. Hold
- 5-8 Making 3/4 turn left, run round stepping - right, left, right, left (6:00)

Ending: *(Finishes facing front) Dance first 16 counts then:*

Stomp right forward and open arms out to sides.

Quelle:

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