

Body Goes Boom!

Count: 48 **Wall:** 4 **Level:** Intermediate / Advanced
Choreographer: Rachael McEnaney (UK/USA) Aug 2014
Music: "Boom Boom" – Justice Crew. Approx 3.05 mins

Count In: 16 counts from start of track. Approx 126 bpm

[1 – 8] R back, L touch, L fwd, ½ turn L back R, L back, ¼ turn L touch R, R side rock cross

1 2 Step back right (1), touch left next to right (2), (styling: angle body to 1.30), 12.00
3 4 Step forward left (3), make ½ turn left stepping back right (4) 6.00
5 6 Step back left (body angled to 4.30) (5), make ¼ turn left touching right next to left (6) 3.00
7 & 8 Rock right to right side (7), recover weight left (&), cross right over left (8) 3.00

[9 – 16] L side rock, ¼ turning L sailor, R fwd, ½ pivot L, R kick out-out

1 2 Rock ball of left to left side (like a press) (styling: lift left shoulder to accent beat) (1), recover weight right (drop left shoulder) (2) 3.00
3 & 4 Cross left behind right (3), make ¼ turn left stepping right next to left (&), step forward left (4) 12.00
5 6 Step forward right (5), make ½ turn left (weight ends left) (6) 6.00
7 & 8 Kick right foot forward (7), step right to right side (&), step left to left side (8) 6.00

[17 – 24] R touch together, R side, L touch together, L side rock cross, R tap – step, ¼ turning L sailor

& 1 2 Touch right next to left (&), step right to right side (1), touch left next to right (2) 6.00
3 & 4 Rock left to left side (3), recover weight right (&), cross left over right (4) 6.00
5 6 Touch ball of right slightly out to right side (5), step right to right side (right knee slightly bent) (6) 6.00
7 & 8 Cross left behind right (7), make ¼ turn left stepping right next to left (&), step forward left (8) 3.00

[25 – 31] R fwd rock with R sweep, R sailor, L cross, R back, L ball, R cross,

1 2 Rock forward right (styling: rock slightly across left, bend both knees slightly, look down to floor) (1), recover weight to left as you sweep right foot (2) 3.00
3 & 4 Cross right behind left (3), step left next to right (&), step right to right side (4) 3.00
5 6 & 7 Cross left over right (5), step back right (6), step ball of left to left side (&), cross right over left (7) 3.00

[32 – 40] L chasse into syncopated side rocks, L fwd rock, 2 walks back L-R

8 & 1 Step left to left side (8), step right next to left (&), step left to left side (1) 3.00
2 & 3 4 Recover weight to right (2), step left next to right (&), rock right to right side (3), recover weight to left (4) 3.00
& 5 6 Step right next to left (&), rock forward left (5), recover weight to right (6) 3.00
7 8 Step back left (7), step back right (8) 3.00

[41 – 48] ¼ turn L, point R, 1 ¼ rolling vine R, L fwd rock, L out-out-in moving slightly back

1 2 Make ¼ turn left to left side (1), point right to right side (2) 12.00
3 4 5 Make ¼ turn right stepping forward right (3), make ½ turn right stepping back left (4), make ½ turn right stepping forward right (5) 3.00
6 7 Rock forward left (6), recover weight right (7) 3.00
& 8 & Step left slightly back and out to left side (&), step right to right side (8), step back left (&) 3.00

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format.

Copyright © 2014 Rachael Louise McEnaney (dancewithrachael@gmail.com) All rights reserved

Contact: www.dancewithrachael.com - dancewithrachael@gmail.com - Tel: +1 407-538-1533 - +44 7968181933