

# DANCE: **The Bomp**

**MUSIC:** **Who Put The Bomp?** by **The Overtones** (Saturday Night At The Movies Album)

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**DESCRIPTION:** Improver - 64 counts - 2 walls - 89bpm - 2:36 mins - 89bpm

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Intro: 8 counts once music kicks in

## **S1 TOE STRUTS, ROCKING CHAIR**

- 1-2 Step forward on right toe, drop down heel
- 3-4 Step forward on left toe, drop down heel
- 5-6 Rock forward on right, recover back on left
- 7-8 Rock back on right, recover forward on left (12o/c)

## **S2 TOE STRUTS, ROCKING CHAIR**

- 1-2 Step forward on right toe, drop down heel
- 3-4 Step forward on left toe, drop down heel
- 5-6 Rock forward on right, recover back on left
- 7-8 Rock back on right, recover forward on left (12o/c)

## **S3 STEP FORWARD, HOLD, ½ PIVOT TURN LEFT, HOLD, ¼ PIVOT CROSS HOLD**

- 1-2 Step forward on right, hold
- 3-4 ½ pivot turn left, hold (6o/c)
- 5-6 Step forward on right, ¼ pivot turn left (3o/c)
- 7-8 Cross right over left, hold

## **S4 STEP BACK LEFT, HOLD, STEP BACK RIGHT, HOLD, LEFT SHUFFLE FORWARD, HOLD**

- 1-2 Large step back on left pushing bum back, hold
- 3-4 Step right next to left, hold
- 5-6 Step forward on left, step right next to left
- 7-8 Step forward on left, hold (3o/c)

## **S5 SIDE STEP RIGHT, HOLD, BACK ROCK/RECOVER, SIDE STEP LEFT, HOLD, BACK ROCK/RECOVER,**

- 1-2 Large step to right side, hold
- 3-4 Rock back on left, recover on right
- 5-6 Large step to left side, hold
- 7-8 Rock back on right, recover on left (3o/c)

## **S6 RUMBA BOX WITH HOLDS**

- 1-2 Step side right, step left next to right
- 3-4 Step forward on right, hold
- 5-6 Step side left, step right next to left
- 7-8 Step back on left, hold (3o/c)

## **S7 RIGHT LOCK STEP BACK, HOLD, COASTER STEP, HOLD**

- 1-2 Step back on right, cross left over right
- 3-4 Step back on right, hold
- 5-6 Step back on left, step right next to left
- 7-8 Step forward on left, hold (3o/c)

## **S8 WALKS FORWARD, HOLD, RUN ¾ TURN LEFT**

- 1-2 Step forward on right, hold
- 3-4 Step forward on left, hold
- 5-6 Start to make a ¾ turn left, run round stepping right, left
- 7-8 Finish ¾ turn left, running round stepping right, left (6o/c)

Ending: You will finish dance facing front wall - dance first 16 counts then stomp right foot forward and splay arms to sides.