

# 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 chase 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.**

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