

# The Bomp



**Count:** 64      **Wall:** 2      **Level:** Improver

**Choreographer:** Kim Ray (May 2015)

**Music:** Who Put The Bomp? by The Overtones (Saturday Night At The Movies Album) [89 bpm - 2:36 mins]

**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  $\frac{3}{4}$  TURN LEFT**

- 1-2 Step forward on right, hold
- 3-4 Step forward on left, hold
- 5-6 Start to make a  $\frac{3}{4}$  turn left, run round stepping right, left
- 7-8 Finish  $\frac{3}{4}$  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.**

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