

The Bomp

Choreographer: Kim Ray

Description: 64 count, 2 wall, low intermediate line dance

Music: "Who Put The Bomp" by The Overtones

Intro: 8 counts, start dancing on the lyrics



TOE STRUTS, ROCKING CHAIR

- 1-2 Step right toe forward, lower right heel
- 3-4 Step left toe forward, lower left heel
- 5-6 Rock right forward, recover to left
- 7-8 Rock right back, recover to left

TOE STRUTS, ROCKING CHAIR

- 1-2 Step right toe forward, lower right heel
- 3-4 Step left toe forward, lower left heel
- 5-6 Rock right forward, recover to left
- 7-8 Rock right back, recover to left

STEP FORWARD, HOLD, 1/2 TURN LEFT, HOLD, 1/4 TURN CROSS HOLD

- 1-2 Step right forward, hold
- 3-4 Turn 1/2 left (weight to left), hold (6:00)
- 5-6 Step right forward, turn 1/4 left (weight to left) (3:00)
- 7-8 Cross right over, hold

STEP LEFT BACK, HOLD, STEP RIGHT BACK, HOLD, LEFT SHUFFLE FORWARD, HOLD

- 1-2 Big step left back and hip back, hold
- 3-4 Step right together, hold
- 5-6 Step left forward, step right together
- 7-8 Step left forward, hold

SIDE STEP RIGHT, HOLD, BACK ROCK/RECOVER, SIDE STEP LEFT, HOLD, BACK ROCK/RECOVER

- 1-2 Big step right side, hold
- 3-4 Rock left back, recover to right
- 5-6 Big step left side, hold
- 7-8 Rock right back, recover to left

RUMBA BOX WITH HOLDS

- 1-2 Step right side, step left together
- 3-4 Step right forward, hold
- 5-6 Step left side, step right together
- 7-8 Step left back, hold

RIGHT LOCK STEP BACK, HOLD, COASTER STEP, HOLD

- 1-2 Step right back, cross left over
- 3-4 Step right back, hold
- 5-6 Step left back, step right together
- 7-8 Step left forward, hold

WALKS FORWARD, HOLD, RUN 3/4 TURN LEFT

- 1-2 Step right forward, hold
- 3-4 Step left forward, hold
- 5-6 Turn 1/8 left and step right forward, turn 1/4 left and step left forward
- 5-6 Turn 1/4 left and step right forward, turn 1/8 left and step left forward (6:00)

REPEAT