

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

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The Bomp

2 WALL – 64 COUNTS – IMPROVER

Choreographed by: Kim Ray (UK) May 2015

Choreographed to: 'Who Put The Bomp?' by The Overtones

from CD Saturday Night At The Movies; download available from amazon or iTunes

(8 count intro once the music kicks in)



Actual footwork		Calling suggestion	Direction
Section 1	Right Strut, Left Strut, Rocking Chair		
1 - 2	Step right toe forward. Drop right heel taking weight.	Right Strut	Forward
3 - 4	Step left toe forward. Drop left heel taking weight.	Left Strut	
5 - 8	Rock forward on right. Recover onto left. Rock back on right. Recover onto left.	Rocking Chair	
Section 2	Right Strut, Left Strut, Rocking Chair		
1 - 2	Step right toe forward. Drop right heel taking weight	Right Strut	Forward
3 - 4	Step left toe forward. Drop left heel taking weight.	Left Strut	
5 - 8	Rock forward on right. Recover onto left. Rock back on right. Recover onto left.	Rocking Chair	
Section 3	Step, Hold, Pivot 1/2, Hold, Step Pivot 1/4, Cross, Hold		
1 - 4	Step right forward. Hold. Pivot 1/2 turn left. Hold. (6:00)	Step Hold Pivot Hold	Turning left
7 - 8	Step right forward. Pivot 1/4 turn left. Cross right over left. Hold. (3:00)	Step Pivot Cross Hold	
Section 4	Back, Hold, Together Hold, Forward Shuffle, Hold		
1 - 2	Step left large step back, pushing bottom back. Hold.	Back Hold	Back
3 - 4	Step right beside left. Hold.	Together Hold	
5 - 8	Step left forward. Close right beside left. Step left forward. Hold.	Left Shuffle Hold	Forward
Section 5	Side Right, Hold, Back Rock, Side Left, Hold, Back Rock		
1 - 4	Step right large step to right side. Hold. Rock back on left. Recover onto right.	Side Hold Rock Back	Right
5 - 8	Step left large step to left side. Hold. Rock back on right. Recover onto left.	Side Hold Rock Back	Left
Section 6	Rumba Box With Holds		
1 - 4	Step right to side. Step left side right. Step right forward. Hold.	Side Together Step Hold	Right
5 - 8	Step left to side. Step right beside left. Step left back. Hold.	Side Together Back Hold	Left
Section 7	Lock Step Back, Hold, Coaster Step, Hold		
1 - 4	Step right back. Lock left across right. Step right back. Hold.	Back Lock Back Hold	Back
5 - 8	Step left back. Step right beside left. Step left forward. Hold.	Coaster Step	On the spot
Section 8	Walk Hold, Walk Hold, Run 3/4 Turn		
1 - 4	Walk forward right. Hold. Walk forward left. Hold.	Right Hold Left Hold	Forward
5 - 8	Making 3/4 turn left, run round stepping - right, left, right, left. (6:00)	Run Three Quarters	Turning left
FINISH	(Finishes facing front) Dance first 16 counts then:		
	Stomp right forward and open arms out to sides.		

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