The Bomp

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 (60/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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