

* This step sheet has been edited
for the sole use of SBLDC Members.
View the original at
Copperknob.com or Kickit.com

THE BOMP *

Weighted: Left

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

Toe strut (*right*), Toe strut (*left*), Rocking chair (*right*) ❖

1-2-3-4 Step forward on right toe, Drop down heel, Step forward on left toe, Drop down heel

5-6-7-8 Rock forward on right, Recover back on left, Rock back on right, Recover forward on left [12:00]

Toe strut (*right*), Toe strut (*left*), Rocking chair (*right*)

1-2-3-4 Step forward on right toe, Drop down heel, Step forward on left toe, Drop down heel

5-6-7-8 Rock forward on right, Recover back on left, Rock back on right, Recover forward on left [12:00]

Step (*right*), Hold, ½ Pivot (*left*), Hold, Step (*right*), ¼ Pivot (*left*), Cross (*right*), Hold

1-2-3-4 Step forward on right, Hold, Pivot ½ turn left on left, Hold [6:00]

5-6-7-8 Step forward on right, Pivot ¼ turn left on left, Cross right over left, Hold [3:00]

Back (*left*), Hold, Together (*right*), Hold, Shuffle (*left*), Hold

1-2-3-4 Large step back on left pushing bum back, Hold, Step right back together next to left, Hold

5-6-7-8 Step forward on left, Step right next to left, Step forward on left, Hold [3:00]

Night Club steps:

Side (*right*), Hold, Back (*left*), Recover (*right*), Side (*left*), Hold, Back (*right*), Recover (*left*)

1-2-3-4 Large step to right side, Hold, Rock back on left, Recover on right

5-6-7-8 Large step to left side, Hold Rock back on right, Recover on left [3:00]

Rumba Box:

Side (*right*), Together (*left*), Forward (*right*), Hold, Side (*left*), Together (*right*), Back (*left*), Hold

1-2-3-4 Step side right, Step left next to right, Step forward on right, Hold

5-6-7-8 Step side left, Step right next to left, Step back on left, Hold [3:00]

Back Lock Step (*right*), Hold, Coaster Step (*left*), Hold

1-2-3-4 Step back on right, Cross left over right, Step back on right, Hold

5-6-7-8 Step back on left, Step right next to left, Step forward on left, Hold [3:00]

Walk (*right*), Hold, Walk (*left*), Hold, Run (*right*), Run (*left*), Run (*right*), Run (*left*) ¾ turn left

1-2-3-4 Step forward on right, Hold, 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 [6:00]

Repeat

ENDING: Dance ends facing front wall - dance first 16 counts then:- Stomp right foot forward & splay arms to sides.

Watch on  <https://www.youtube.com/watch?v=URknhhvBbaU>

❖ Parentheticals ***always*** refer to the weight/action foot - or 1st step of a combination e.g. Shuffle.