

# Body Goes Boom!

**Count:** 48    **Wall:** 4    **Level:** Intermediate / Advanced

**Choreographer:** Rachael McEnaney (UK/USA) Aug 2014

**Music:** "Boom Boom" – Justice Crew. Approx 3.05 mins

---

**Count In: 16 counts from start of track. Approx 126 bpm**

**[1 – 8] R back, L touch, L fwd, ½ turn L back R, L back, ¼ turn L touch R, R side rock cross**

- 1 2            Step back right (1), touch left next to right (2), (styling: angle body to 1.30), 12.00  
3 4            Step forward left (3), make ½ turn left stepping back right (4) 6.00  
5 6            Step back left (body angled to 4.30) (5), make ¼ turn left touching right next to left (6)  
                 3.00  
7 & 8          Rock right to right side (7), recover weight left (&), cross right over left (8) 3.00

**[9 – 16] L side rock, ¼ turning L sailor, R fwd, ½ pivot L, R kick out-out**

- 1 2            Rock ball of left to left side (like a press) (styling: lift left shoulder to accent beat) (1),  
                 recover weight right (drop left shoulder) (2) 3.00  
3 & 4          Cross left behind right (3), make ¼ turn left stepping right next to left (&), step forward  
                 left (4) 12.00  
5 6            Step forward right (5), make ½ turn left (weight ends left) (6) 6.00  
7 & 8          Kick right foot forward (7), step right to right side (&), step left to left side (8) 6.00

**[17 – 24] R touch together, R side, L touch together, L side rock cross, R tap – step, ¼ turning L sailor**

- & 1 2          Touch right next to left (&), step right to right side (1), touch left next to right (2) 6.00  
3 & 4          Rock left to left side (3), recover weight right (&), cross left over right (4) 6.00  
5 6            Touch ball of right slightly out to right side (5), step right to right side (right knee  
                 slightly bent) (6) 6.00  
7 & 8          Cross left behind right (7), make ¼ turn left stepping right next to left (&), step forward  
                 left (8) 3.00

**[25 – 31] R fwd rock with R sweep, R sailor, L cross, R back, L ball, R cross,**

- 1 2            Rock forward right (styling: rock slightly across left, bend both knees slightly, look  
                 down to floor) (1), recover weight to left as you sweep right foot (2) 3.00  
3 & 4          Cross right behind left (3), step left next to right (&), step right to right side (4) 3.00  
5 6 & 7        Cross left over right (5), step back right (6), step ball of left to left side (&), cross right  
                 over left (7) 3.00

**[32 – 40] L chasse into syncopated side rocks, L fwd rock, 2 walks back L-R**

- 8 & 1          Step left to left side (8), step right next to left (&), step left to left side (1) 3.00  
2 & 3 4        Recover weight to right (2), step left next to right (&), rock right to right side (3),  
                 recover weight to left (4) 3.00  
& 5 6          Step right next to left (&), rock forward left (5), recover weight to right (6) 3.00  
7 8            Step back left (7), step back right (8) 3.00

**[41 – 48] ¼ turn L, point R, 1 ¼ rolling vine R, L fwd rock, L out-out-in moving slightly back**  
1 2 Make ¼ turn left to left side (1), point right to right side (2) 12.00  
3 4 5 Make ¼ turn right stepping forward right (3), make ½ turn right stepping back left (4),  
make ½ turn right stepping forward right (5) 3.00  
6 7 Rock forward left (6), recover weight right (7) 3.00  
& 8 & Step left slightly back and out to left side (&), step right to right side (8), step back left  
(&) 3.00

**Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format.**

**Copyright © 2014 Rachael Louise McEnaney (dancewithrachael@gmail.com) All rights reserved**

**Contact: [www.dancewithrachael.com](http://www.dancewithrachael.com) - [dancewithrachael@gmail.com](mailto:dancewithrachael@gmail.com) - Tel: +1 407-538-1533 - +44 7968181933**