

# THE BOMP

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]

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## **INTRO: 8 count once music kicks in**

### **TOE STRUT, TOE STRUT, ROCKING CHAIR**

- 1,2 Step R toe forward, Drop heel to floor
- 3,4 Step L toe forward, Drop heel to floor
- 5-8 Rock R forward, Recover onto L, Rock R back, Recover onto L

### **TOE STRUT, TOE STRUT, ROCKING CHAIR**

- 1,2 Step R toe forward, Drop heel to floor
- 3,4 Step forward on left toe, Drop heel to floor
- 5-8 Rock R forward, Recover onto L, Rock R back, Recover onto L

**ENDING: see below**

### **STEP, HOLD, PIVOT 1/2 LEFT, HOLD, STEP, PIVOT 1/4 LEFT, CROSS, HOLD**

- 1-4 Step R forward, Hold, Pivot  $\frac{1}{2}$  left, Hold
- 5-8 Step R forward, Pivot  $\frac{1}{4}$  left, Cross R over L, Hold **[3:00]**

### **BACK, HOLD, TOGETHER, HOLD, SHUFFLE FORWARD, HOLD**

- 1-4 Large step L back pushing bum back, Hold, Step R beside L, Hold
- 5-8 Step L forward, Step R beside L, Step L forward, Hold

### **SIDE, HOLD, ROCK BACK, RECOVER, SIDE, HOLD, ROCK BACK, RECOVER**

- 1-4 Large step R to right, Hold, Rock L back, Recover onto R
- 5-8 Large step L to left, Hold, Rock R back, Recover onto L

### **RUMBA BOX WITH HOLDS**

- 1-4 Step R to right, Step L beside R, Step R forward, Hold
- 5-8 Step L to left, Step R beside L, Step L back, hold

### **BACK, LOCK, BACK, HOLD, COASTER BACK, HOLD**

- 1-4 Step R back, Lock L over R, Step R back, Hold
- 5-8 Step L back, Step R beside L, Step L forward, Hold

### **WALKS, HOLD, WALK, HOLD, RUN 3/4 LEFT**

- 1-4 Step R forward, Hold, Step L forward, Hold
- 5-8 Run around  $\frac{3}{4}$  left stepping right, left, right, left **[6:00]**

## **64 REPEAT**

**ENDING: Dance finishes facing front wall - dance to count 16 then:-  
Stomp R forward and splay arms to sides.**