

Atomic Bomb

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Sharon Walton (UK)

Musik: I Want Your Love - Atomic Kitten



RIGHT ROCK, SAILOR STEP, SAILOR STEP WITH ¼ TURN LEFT, STEPS FORWARD TWICE

- 1-2 Rock right to right side, rock left to left side
3&4 Step right behind left, step left to left side, step right next to left
5&6 Step left behind right, step right to right side, step forward left while making ¼ turn left
7-8 Step forward right, step forward left

SYNCOPATED HEEL SWITCHES X 4 WITH ¼ TURN RIGHT, STEPS FORWARD TWICE, THIGH SLAP, SHOULDER POPS

- 9&10 Touch right heel forward, step right beside left, touch left heel forward
&11&12 Step left beside right, while making ¼ turn right touch right heel forward, step right beside left, touch left heel forward
13-14& Step left back slightly, step right next to left, slap hands on thighs (feet should be slightly apart and knees should be bent)
15 Pop right shoulder out to right, extending right elbow slightly
16 Pop left shoulder out to left, extending left elbow slightly

SYNCOPATED RIGHT GRAPEVINE, RIGHT ROCK, CHASSE LEFT

- 17-18 Step right to right side, step left behind right
&19-20 Step right to right side, cross left over right, step right to right side
21-22 Rock back on left, rock forward on right
23&24 Step left to left side, step right beside left, step left to left side

HITCH TURNS LEFT X 4, KICK BALL POINT, HIP ROLL

- &25 Hitch right knee making a small turn left, touch right to right side
&26&27&28 Repeat steps &25 3 more times to complete a ¾ turn left
29&30 Kick right foot forward, touch right in place, point left to left side
31-32 Roll left hip to the left for 2 counts

ROCK, SHUFFLE BACK, ROCK, SHUFFLE FORWARD

- 33-34 Rock forward on left, rock back onto right
35&36 Step back left, step right next to left, step back left
37-38 Rock back on right, rock forward onto left
39&40 Step forward right, step left next to right, step forward right (while rocking back & forward, make full use of your hips to compliment the music)

LEFT ROCK, BEHIND & CROSS, RIGHT ROCK, STOMPS TWICE WITH 'ELVIS' STYLE KNEES

- 41-42 Rock left to left side, rock right to right side
&43-44 Step left behind right, step right to right side, cross left over right
45-46 Rock right to right side, rock left to left side
47 Stomp right beside left (with right knee facing left diagonal)
48 Stomp left beside right (with left knee facing right diagonal)

REPEAT

TAG

After the 4th wall only

LEFT HEEL JACK & CROSS, RIGHT HEEL JACK & CROSS

- &1 Step small step back right, touch left heel to left diagonal
 - &2 Step left next to right, cross right over left
 - &3 Step small step back left, touch right heel to right diagonal
 - &4 Step right next to left, cross left over right
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