My Heart Goes Boom

Count: 32

Wand: 4

Choreograf/in: Jo Kinser (UK) & John Kinser (UK) - December 2012

Musik: My Heart Goes Boom - Miss Li : (Album: Tangerine Dream. - iTunes UK)

Start the dance on the heavy beat, this 8 count is the Intro which you only do once (0:09).

*Intro: Tap Steps Rt & Lt in place (If you do not want to do the Intro then start the dance on the verse (0:12)

[1-8] Charleston Step, Step 1/4 Turn, Step 1/4 Turn

- Kick Rt fwd, Step Rt back 1,2
- 3,4 Touch Lt back, Step Lt fwd
- 5,6 Step Rt fwd, Make 1/4 turn Lt stepping Lt fwd (9:00)
- Step Rt fwd, Make 1/4 turn Lt stepping Lt fwd (6:00) 7,8

[9-16] Jazz Box 1/4 Hop/Sweep, Jazz Box 1/4 Stomp

- 1,2 Step Rt over Lt, Step Lt back
- Make 1/4 turn Rt stepping Rt fwd, Hop fwd onto Lt foot Sweeping Rt from back to front (9:00) 3,4
- 5,6 Step Rt over Lt, Step Lt back
- Make 1/4 turn Rt stepping Rt fwd, Stomp Lt fwd (12:00) 7,8

(During this section do something with your hands, Saying No, Heart beating, Sleeping.....)

[17-24] Kick Kick, Behind & Cross, 1/4 Coaster Step, Rt Lock Fwd

- 1,2 Kick Rt foot to Rt diagonal X2
- 3&4 Step Rt behind Lt, Step Lt to Lt, Step Rt over Lt
- 5&6 Step Lt to Lt, Make 1/4 turn Rt Stepping RT next to Lt, Step Lt fwd (3:00)
- Step Rt fwd, Lock Lt behind Rt, Step Rt fwd 7&8

[25-32] Scuff Step, Scuff Step, Scuff Rock & Back, Run Run Back, Coaster Step

- &1&2 Scuff Lt fwd, Step Lt fwd, Scuff Rt fwd, Step Rt fwd
- &3&4 Scuff Lt fwd, Rock Lt fwd, Recover weight on Rt, Step Lt back
- Step Rt back, Step Lt back, Step Rt back (3 small runs) 5&6
- Step Lt Back, Step Rt next to Lt, Step Lt fwd (3:00) 7&8

(On the 4th wall Scuff on count 8 then repeat the last 8 counts stepping Lt fwd on count 1)

- Tag 1: Wall 5 (12:00). 16 Counts
- Small walk around Turn Rt (12:00) 1-4
- 5&6 Step Rt behind Lt, Step Lt to Lt, Step Rt over Lt
- Step Lt to Lt, Step Rt next to Lt 7,8
- 1-4 Small walk around Turn Lt (12:00)
- 5&6 Step Lt behind Rt, Step Rt to Rt, Step Lt over Rt
- 7.8 Step Rt to Rt, Step Lt next to Rt

Tag 2: Wall 6 (3:00). 24 Counts

- 1-4 Small walk around Turn Rt (3:00)
- 5&6 Step Rt behind Lt, Step Lt to Lt, Step Rt over Lt
- &7&8 Step Lt to Lt, Step Rt behind Lt, Step Lt to Lt, Step Rt next to Lt
- &1&2 Step Lt to Lt, Cross Rock Rt over Lt, Replace weight Lt, Step Rt to Rt
- &3 Step Lt over Rt, Step Rt large step Rt
- 4,6 Drag Lt to Rt
- 7,8 Step Lt large step Lt, Drag Rt next to Lt





Ebene: Improver

*1-8 1& Touch Rt next to Lt, Step Rt back touching Lt fwd, Rpt RLRLRL, &8 Step Rt next to Lt, Step Lt fwd

Ending: Facing 3:00

Slow the dance down on the Coaster Step, make 1/4 turn Lt stepping Rt a large step to the Rt, drag Lt to Rt. (12:00)

HAVE FUN

Contacts - Jo Kinser & John Kinser - Email: jo@jjkdancin.com - Website: www.jjkdancin.com