

Boom Boom

Choreographer: José Miguel Belloque Vane

Type of dance: 1 wall, funky, ABC-phrased dance A: 64 counts, B: 32 counts, C: 32 counts
 Level: Intermediate/Advanced
 Phrasing: A, A, A, B, A*, C, A**, A, A, A
 * Restart 1: After 32 counts in part A, facing 12 o'clock. Start with part C.
 ** Restart 2: After 48 counts in part A, instead of skate fw 3 o'clock, turn ¼ L stepping L to L side, starting again with part A.
 Music: Boom Boom Pow by Black Eyed Peas (BEP). Album: The End. Available on Itunes.
 Intro: Start on first "Boom" in lyrics (app. 14 sec into track). After the 4th "Gotta get that". Start with slightly bend shoulder wide legs.
NOTE!! Throughout the A-section you will follow the "Boom Boom Boom" beat.

Part A:

Counts	Footwork (Arm movements)	End Facing
1-8	Knee pop, arm movements, pop upper body	
1-2-3-4	Punch R fist down holding L hand on R elbow as you pop R knee in (1), put R hand on L hand (in front of R chest) (2), swing both hands from R to L (3), put both hands on L hip, bending upper body down (4)	10:30
5&6&7-8	Straighten upper body (5), bend upper body (&), straighten upper body (6), bend upper body (&), straighten upper body (7), bend upper body (8)	10:30
9-16	Swivel R R L L, pop upper body, turn 1/8 L side step, cross, mambo	
&1&2	Swivel L toe R, swivel R toe R, swivel R toe L (1:30), swivel L toe L with bend upper body	10:30
&3&4	Straighten upper body (&), bend upper body (3), straighten upper body (&), bend upper body (4)	10:30
5-6-7&8	Turn 1/8 L stepping R to R side, cross L over R, rock R to R side, recover onto L, step R next to L	9:00
NOTE!!	<i>Optional arms count 13 and 14: Punch R arm down L hand on R elbow (13) Roll R arm up and around L hand punching R arm down in the end of roll. (14)</i>	
17-24	Jump and jump, unwind ¾ R, jump, jump cross, unwind ½ L	
1&2	Jump L on L foot kicking R to R, step R next to L, jump L on L foot kicking R to R	9:00
3-4	Touch R behind L, unwind ¾ R on both feet (weight on both feet)	6:00
5-6-7-8	Jump out, jump in crossing R in front of L, unwind ½ L (7-8) weight L	12:00
25-32	Skate R, L, step/slide R, skate L, R, step/slide L	
1-2	Step R diagonally fw R in a circle motion, step L diagonally fw L in a circle motion	10:30
3-4	LONG step diagonally fw R, slide L, touch L next to R	1:30
5-6	Step L diagonally fw L in a circle motion, step R diagonally fw R in a circle motion	1:30
7-8	LONG step diagonally fw L, slide R, touch R next to L	10:30

33-40	Turn 1/8 L kick R, step, turn ¼ L side step, touch, ¼ R step, ¼ R side step L, pop upper body L, R, squad upper body from R to L	
1&2& 3-4	Turn 1/8 L on L foot kicking R fw (1), step back on R (&), turn ¼ L stepping L to L side (2), touch R next to L (&), turn ¼ R stepping fw R (3), turn ¼ R stepping L to L side (4)	12:00
5-6-7-8	Pop upper body L, pop upper body R, bend upper body while rolling it from R to L	10:30
41-48	Kick kick (10:30), 3/8 turn R fw R, step, jump, push your tush ☺	
1-2	Kick R fw, kick R fw (Moving arms in cycling motion, while jumping back on L foot on count 1-2)	10:30
3&4	Turn 3/8 R stepping fw R, step L next to R, jump out pushing your butt back	3:00
5-6-7&8	Push your butt fw (5), push it back to middle (6), push it back (7) push it to R side (&) push it to L side (8)	3:00
49-56	Skate R, L, shuffle R, skate L, R, shuffle L	
1-2	Step R diagonally fw R in a circle motion, step L diagonally fw L in a circle motion	1:30
3&4	Step R diagonally fw R, step L next to R, step R diagonally fw	4:30
5-6	Step L diagonally fw L in a circle motion, step R diagonally fw R in a circle motion	4:30
7&8	Step L diagonally fw L, step R next to L, step L diagonally fw	1:30
57-64	Kick, step, touch, turn ¼ L squad, side step, FREESTYLE!!!	
1&2-3-4	Kick R fw, step R back, touch L back, squad down turning ¼ L, step L to L side	12:00
5-8	FREESTYLE!! For example: Pop chest, hitting the “Boom Boom Pow”	12:00

Part B:

1-8	Step touch R, step touch L, step touch R, step touch L	
1-2-3-4	Step R to R side, touch L next to R, step L to L side, touch R next to L (Clicking your fingers on all “touches”)	12:00
5-6-7-8	Repeat count 1-2-3-4	12:00
9-16	Roling wine R, bend upper body, “Low” roling Wine L	
1-2-3-4	Turn ¼ R stepping fw R, turn ½ R stepping L back, turn ¼ R stepping R to R side, touch L next to R bending upper body down.	12:00
5-6-7-8	Keeping body low turn ¼ L stepping fw L, turn ½ R stepping R back, turn ¼ L stepping L to L side, touch R next to L straightening upper body with each step.	12:00
17-24	Step touch R, step touch L, step touch R, step touch L	
1-2-3-4	Step R to R side, touch L next to R, step L to L side, touch R next to L (Waving your arms above your head)	12:00
5-6-7-8	Repeat count 1-2-3-4	12:00
25-32	Turning walks, side step	
1-2-3-4	Turn ¼ R stepping fw R (1), hold (2), turn ¼ R stepping fw L (3), hold (4)	6:00
5-6-7-8	Turn ¼ R stepping fw R (5), hold (6), turn ¼ R stepping fw L (7), step R to R (8)	12:00

Part C:

1-8	Walk 5 times, turn ¼ R side step, bang the door	
1-2-3-4-5	Walk R, L, R, L, R, shimmying your shoulders	12:00
6-7-8	Turn ¼ R stepping L to L, bang the door twice with your R fist (12 o'clock)	3:00
9-16	Turn ¼ R step, walk L, R, L, turn ¼ L step, turn ¼ L step, bang the door	
1-2-3-4	Turn ¼ R stepping fw R, walk fw L, R, L	6:00
5-6-7-8	Turn ¼ L stepping fw R, turn ¼ L stepping L to L, bang the door twice with your R fist	12:00
17-24	Step, turn ¼ R step, bang door, turn ¼ L step, step, head swing	
1-2-3-4	Step fw R, turn ¼ R stepping L to L side, bang the door twice with your R fist	3:00
5-6-7-8	Turn ¼ L stepping fw R, step L to L side, swing head L, R	12:00
25-32	Samba L, samba R, kneading steps	
1-a2	Step L to L side (1), close R behind L (a) cross L over R (2)	12:00
3-a4	Step R to R side (3), close L behind R (a) cross R over L (4)	12:00
5-6-7-8	Step L, R, L, R on spot (while stepping, really push the feet down to the ground)	12:00