BOOM, BOOM GOES MY HEART

Choreographer: Chuck & Sandi Weiss, 2550 S. Ellsworth, #39, Mesa, AZ, 85209 (480) 830-9251 E-Mail ouiqrnads@cox.net
Record: Alex Swings Oscar Sings! - CD: Heart 4 Sale, Track 2; Available Download ITunes & others
Footwork: Opposite unless noted (Woman’s Footwork in parentheses)
Rhythm: Foxtrot/Jive RAL Phase IV + 2 [Outside Spin, Catapult]
Timing: Standard unless noted. Time @ Recorded Speed: 3:24
Sequence: Intro – A – B – C – A – B – D – End Released: November 1, 2009

Meas
INTRODUCTION
1 - 4 CP/DLC WAIT WHISTLE,, DIAMOND TRN;;;;
SQQ 1 – 2 [Start Diamond Turn] Fwd L trng on diag, -, sd R cont trng LF, bk L CBJO DRC; Bk R trng LF, -,
sd L, fwd R CBJO DRW;
SQQ 3 - 4 [Finish Diamond Turn] Fwd L trng on diag, -, sd R cont trng LF, bk L CBJO DLW; Bk R trng LF, -,
SQQ sd L, fwd R CBJO DLC;
5 - 8 REV TRN;; HOVER TELE; FEATHER;
SQQ 1 – 2 [Reverse Trn] Fwd L starting LF body trn, -, sd R continuing trn, bk L line of dance to CP (Bk R
SQQ starting LF trn, -, close L to R (heel trn) continuing trn, fwd R to CP); bk R continuing LF trn, -, sd and
SQQ slightly fwd L DLW, fwd R to CBMP (Fwd L continuing LF trn, -, sd R to DLW, bk L to CBMP
SQQ DLW);
SQQ 3 – 4 [Hover Tele] Fwd L, -, diag sd & fwd R rising slightly [hovering] w/body trng 1/8 RF, fwd L small step
SQQ on toes to SCP/DLW (Bk R, -, diag sd & bk L w/hovering action & body trng 1/8 RF, fwd R small step
SQQ on toes to SCP,); [Feath] Fwd R, -, fwd L, fwd R outside W in CBMP/DLC (Thru L trng LF twd ptr, -, sd & bk R, bk L);

PART A (FOXTROT)

1 - 4 WHISK; WING; CL TELE; OP NAT;
SQQ 1 – 2 [Whisk] Fwd L to CP, -, fwd & sd R commencing rise to ball of ft, XLIB of R continuing to rise on
SQQ ball of ft ending in tight SCP (bk R to CP, -, bk & sd L commencing to rise to ball of ft, XRB of L
SQQ continuing to full rise on ball of ft ending in tight SCP,);
SQQ [Wing] Fwd R, -, draw L twd R, tch L to R trng upper part of body LF w/lft sd stretch (Fwd L
SQQ beginning to XIF of M comm trn slightly LF, -, fwd R arnd M cont to trn slightly LF, fwd L arnd M
SQQ complete slight LF trn to end in a tight SCAR,;) DLC;
SQQ 3 – 4 [Cl Tele] Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L (W bk R comm Lf trn, -,
SQQ cl L to R for heel trn, bk & sd R) to BJO/ DLW;
SQQ [Op Nat] Comm RF upper body trn fwd R heel to toe, -, sd L across LOD, cont slight RF upper body trn
SQQ bk R leading ptr to step outside the M to BJO/DRC (Comm RF upper body trn bk L, -, cl R [heel turn]
SQQ cont trn, fwd L outside ptr to BJO,);

5 - 8 OUTSIDE SPIN; OUTSIDE CK; OUTSIDE CHG; FEATH;
SQQ 5 – 6 [Outside Spin] In CBMP preparing to lead W outside ptr comm RF body trn toewing in with rt sd lead bk
SQQ L in CBMP small step 3/8 trn RF on step 1, -, fwd R in CBMP heel to toe cont to trn RF, [3/8 RF trn
SQQ betwn steps 2 & 3] sd & bk L to end in CP 1/4 RF trn on step 3 (Comm RF body trn w/lft sd lead staying
SQQ well into the M’s rt arm fwd R in CBMP outside ptr heel toe, -, L closes to R pivot on toes of both ft 5/8
SQQ trn betwn steps 1 and 2, cont to trn RF 1/4 betwn steps 2 and 3 and 3 fwd R betwn M’s feet to end in CP 1/4 RF
SQQ trn on step 3,); [Outside Ck] Bk R trng LF, -, sd & fwd L, ck fwd R outside ptr to CBMP (Fwd L trng
SQQ LF, -, sd & bk R, ck bk L outside ptr to CBMP,);
SQQ 7 – 8 [Outside Chg] Bk L, -, bk R trng LF, sd & fwd L outside ptr to SCP (Fwd R, -, fwd L, fwd R to SCP,);
SQQ [Feath] Fwd R, -, fwd L, fwd R outside W in CBMP DLC (Thru L trng LF twd ptr, -, sd & bk R, bk L);

9 - 12 REV WAVE;;; BK FEATH; FEATH FINISH;
SQQ 9 – 10 [Rev Wave ½] Fwd L starting LF body trn 3/8, -, sd R line of progression, bk L diagonally ( Bk R
SQQ starting LF body trn 3/8, -, cl L to R [heel turn], fwd R diagonally,);
SQQ 11 – 12 [Bk Feather] Bk L, -, bk R w/rt shldr lead, bk L to CBMP (Fwd R, -, fwd L w/lft shldr lead, fwd R,);
SQQ [Feath Fin] Bk R comm. LF trn, -, sd & fwd L outside ptr, fwd R (W fwd L comm. LF trn, -, sd & bk R, bk L) to BJO DLW;
13 – 16

HOVER; SLOW SD LK; OP TELE; THRU, FC, CL;

13-14  [Hover] Fwd L to CP, -, fwd & sd R rising to ball of ft, rec L to tight SCP (Bk R to CP, -, bk & sd L trng to SCP & rising to ball of ft, rec R to tight SCP); [Slow Sd Lk] Thru R, -, sd & fwd L to CP, XRIB of L trng slightly LF (Thru L starting LF trn, -, sd & bk R continuing LF trn to CP, XLIF of R) to CP/DLC;

15-16  [Op Tele] Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L (W bk R comm LF trn, -)

SD & joined ld hnds/cl L to R, Sd R)

PART B (JIVE)

1 - 4

SD, TCH, RT CHASSE; CHG R TO L ~ CHG L TO R:;;

1,2,3a,4  1  [Sd Tch, Rt Chasse] Sd L, tch R to L, sd R/Cl L to R, Sd R;

1,2,3a,4;1a,2, 2 – 4  [Chg Plcs R to L] Rk bk L to SCP, rec R, sd L trng ¼ LF/Cl R to L, Sd L (Rk bk R to SCP, rec L, sd & fwd R trng ¼ under joined ld hnds/Cl L, Sd R); sd & fwd R/Cl L, Sd R,(sd & bk L/Cl R, Sd L,)

3,4;1a,2,3a,4  LOP/LOD.  [Chg Plcs L to R] Rk bk L, rec R; sd L trng ¼ RF/cl R to L, Sd L (Rk bk R, rec L; fwd R trng ¾ LF under joined ld hnds/cl L to R, Sd R), Sd R/cl L to R, Sd R (sd L cont trn to fc ptr/cl R to L, sd L, BFLY/Wall;

5 - 8

CHG HNDS BEH BK 2X:;; RK, REC, SWIVEL 2 SCP;

1,2,3a,4;1a,2, 5 - 7  [Chg Hnds Beh Bk] Rk apt L, rec R, fwd L starting 1/4 LF trn & placing rt hnd over W’s rt hnd/Cl R, fwd L releasing Lift hnd & completing 1/4 LF trn to tand pos in front of W; sd & bk R starting 1/4 LF trn & placing Lift hnd beh M’s bk/CL L transferring W’s Rt hnd to M’s Lift hnd beh his bk, sd & bk L completing 1/4 LF trn (Rk apt R, rec L, fwd R starting 1/4 RF trn/CL L, fwd R completing 1/4 RF trn to tand pos beh M; sd & bk L starting ¼ RF trn/CL R, sd & bk L completing 1/4 RF trn to fc ptr.) LOP,

3,4;1a,2,3a,4;  [Chg Hnds Beh Bk] Rk apt L, rec R; fwd L starting 1/4 LF trn & placing rt hnd over W’s rt hnd/CL R, fwd L releasing Lift hnd & completing 1/4 LF trn to tand pos in front of W, sd & bk R starting 1/4 LF trn & placing Lift hnd beh M’s bk/CL L transferring W’s Rt hnd to M’s Lift hnd beh his bk, sd & bk R completing 1/4 LF trn (Rk apt R, rec L; fwd R starting 1/4 RF trn/CL L, fwd R completing 1/4 RF trn to tand pos beh M, sd & bk L starting 1/4 RF trn/CL R, sd & bk L completing 1/4 RF trn to fc ptr.) LOP;

1,2,3a,4; 8  [Rk, Rec, Swivel 2] Rk apt L, Rec R, fwd L w/swivel action, fwd R w/swivel action to SCP/LOD;

9 - 11

JIVE WKS; SWIVEL 4; THROWAWAY TO HNDSHK;

1a,2,3a,4  9 – 10  [Jive Wks] Fwd L/Cl R, Fwd L, Fwd R/cl L, Fwd R; [Swivel 4] W/Swivel Action Fwd L, Fwd R, Fwd L, Fwd R, Fwd L,

1a,2,3a,4  11  [Throwaway] Sd L/cl R to L, sd L, sd R/cl L to R, sd R commence 1/4 LF trn on triples (pick up R/cl L, R, sd & bk L/Cl R to L, sd L commence ½ trn on the triples;) to Hndshk/LOD;

12 – 16

CHG L TO R TO TANDEM ~ CATAPULT:;; CHG L TO R/W/CONT CHASSE:;;

1,2,3a,4;1a,2, 12-14  [Chg Plcs L to R to Tandum] Rk bk L, rec R to handshake pos M fcg ptr & LOD, Sd L/R, L; sd R/L, R (Rk Bk R, rec L, trn LF under jnd R hnds fwd R/L, R; bk L/R/L,) end in Tandum W beh M,

3,4;1a,2,3a,4;  [Catapult] Fwd L, rec R; in place L/R, L, in place R/L, R (Rk bk R, rec L; fwd R commence RF trn/sd L continue RF trn, spin RF on R, in place L/R, L to fc ptr;) to LOP;

1,2,3a,4; 15-16  [Chg L to R w/Cont Chasse] Rk bk L, rec R, sd L trng ¼ RF/cl R to L, sd L (Rk bk R, rec L, fwd R trng ¾ LF under joined ld hnds/cl L to R, Sd R); Sd R/Cl L, Sd R/Cl L, Sd R/Cl L, Sd R;

PART C (JIVE)

1 - 4

RT TRNG FALLAWAY W/GLIDE TO SD 2X:;;

1,2,3a,4;  1 – 2  [Rt Trng Fallaway w/Slide to Side] Rk bk L to scp, rec R to fc, commence ¼ RF trn sd L/cl L to R, complete trn sd L; Sd R, XLIF of R, sd R/cl L to R, sd R (Rk bk R to scp, rec L to fc, commence ¼ RF trn sd R/cl L to R, complete trn sd R; Sd L, XRIF of L, sd L/cl R to L, sd L;) to scp/RLOD;

3 – 4  Repeat Meas 1 & 2, Part C;

5 - 8

FALLAWAY THROWAWAY ~ LINK RK SCP:;; RK, REC, WK, FC;

1,2,3a,4;1a,2,  5 – 7  [Fallaway Throwaway] Rk bk L, rec R, sd L/cl L to R, sd L; sd R/cl L to R, sd R (Rk bk R, rec L, pick up R/L, R; sd & bk L/cl R to L, sd L commense up to 1/2 trn on the triples.) to LOP/LOD.  [Link Rk] Rk apt L, rec R; small triple fwd L/R, L, sd R/L, R to SCP;

1,2,3a,4; 8  [Rk, Rec, Wk, Fc] Rk bk L, rec R, fwd L, fwd R (Rk bk R, rec L, fwd R, fwd L trng LF) to CP/DLW;
**PART D (JIVE)**

1 - 4  **FALLAWAY THROWAWAY ~ RK, REC; CHICKEN WKS [2S, 4Q];:**

1,2,3a,4;1a,2, 1 – 2  [Fallaway Throwaway]  
Rk bk L, rec R, sd L/cl R to L, sd L; sd R/cl L to R, sd R commence 1/4 LF trn on triples (Rk bk R, rec L, pick up R/L, R; & bk L/cl R to L, sd L commence up to 1/2 trn on the triples,) to LOP/LOD, rk bk L, rec R;

1,-,3,; 3 – 4  [Chicken Wks]  
Bk L, -, bk R, - (w/swivel action fwd R, -, fwd L, -); Bk L, bk R, bk L, bk r (w/swivel action fwd R, fwd L, fwd R);

5 - 8  **2 TRIPLES TO SCP/LOD; RK, REC, SWIVEL 2; PT STPS 4;**

1,2,2,3a,4; 5 – 6  
SIP L/cl R, L, SIP R/cl L, sd R trng RF to fc ptr in SCP (Fwd R/cl L, fwd R, trng LF sd L/cl R, sd L to SCP/LOD); Rk bk L, rec R, swivel fwd L, swivel fwd R;

1,2,3,4; 7 – 8  [Pt Stps]  
Pt fwd L w/outside edge of ft in contact w/floor, small fwd L looking LOD, Pt fwd R w/outside edge of ft in contact w/floor, small fwd R looking RLOD; Repeat Meas 7 Part D;

9 - 12  **SD, TCH, RT CHASSE; CHG R TO L ~ CHG L TO R;**

9 – 12  Repeat Meas 1 to 4 Part B;

13 – 16  **CHG HNDS BEH BK 2X;; RK, REC, SWIVEL 2 SCP;**

13 – 16  Repeat Meas 5 to 8 Part B;

**END (JIVE)**

1 - 4½  **THROWAWAY; SAILOR SHUFFLES 2X;; CHG R TO L FC COH;;**

1 – 3  [Throwaway]  
Sd L/cl R to L, sd L, sd R/cl L to R, sd R commence 1/4 LF trn on triples (pick up R/L, R, sd & bk L/cl R to L, sd L commence up to 1/2 trn on the triples,) to LOP/LOD; [Sailor Shuffles 2X]  
XLIB R/sd R, sd L, XRIB of L/sd L, sd R; XLIB R/sd R, sd L, XRIB of L/sd L, sd R;

4 – 4½  Repeat Meas 2 Part B;

5½ - 9½  **SAILOR SHUFFLES 2X;; SPANISH ARMS 2X;;**

5 ½ - 6 ½  Repeat Meas 2 & 3 End;

7 ½ - 9½  [Spanish Arms]  
Rk bk L, rec R trng RF; sd L/cl R to L, sd L cont RF trn, sd R/cl L to R, sd R (Rk bk R, rec L trng 1/4 LF to wrap pos; sd R/cl L to R, sd R trng 3/4 RF unwrapping, sd L/cl R to L, sd L;) to end BFLY/Wall; Rk bk L, rec R trng RF; sd L/cl R to L, sd L cont RF trn, sd R/cl L to R, sd R (Rk bk R, rec L trng 1/4 LF to wrap pos; sd R/cl L to R, sd R trng 3/4 RF unwrapping, sd L/cl R to L, sd L;) to end BFLY/COH;

10 – 12½  **CHG HNDS BEH BK FC WALL;; QK RK APT,**

10 – 11½  Repeat Meas 5 ½ Pat B;; Qk Rk Apt L,
Quick Cues

Boom, Boom Goes My Heart

Intro CP/DLC Wait Whistle; Diamond Trn;;;
Rev Trn;; Hover Tele; Feath;

A Whisk; Wing; Cl Tele; Op Nat;
Outside Spin; Outside Ck; Outsd Chg Semi; Feather;
Rev Wave;; Bk Feath; Feath Finish;
Hover; Slow Sd Lk; Op Tele; Thru, Fc, Cl;

B Sd Tch, Rt Chasse; Chg R to L; Chg L To R;;
Chg Beh Bk 2X;;; Rk, Rec, Swivel 2;
Jive Wks; Swivel 4; Throwaway Hndshk; Chg L to R to Tandem LOD;
Catapult;; Chg L to R w/Cont Chasse;;

C Rt Trng Fallaway w/Glide to Sd 2X;;;;
Fallaway Throwaway;, Link Rk Semi;;; Rk, Rec, Wk, Fc;

A Whisk; Wing; Cl Tele; Op Nat;
Outside Spin; Outside Ck; Outsd Chg Semi; Feather;
Rev Wave;; Bk Feath; Feath Finish;
Hover; Slow Sd Lk; Op Tele; Thru, Fc, Cl;

B Sd Tch, Rt Chasse; Chg R to L; Chg L To R;;
Chg Beh Bk 2X;;; Rk, Rec, Swivel 2;
Jive Wks; Swivel 4; Throwaway Hndshk; Chg L to R to Tandem LOD;
Catapult;; Chg L to R w/Cont Chasse;;

D Fallaway Throwaway;, Rk, Rec, Chicken Wks (2S, 4Q);;;
2 Triples Semi; Rk, Rec, Swivel 2; Pt Stps 4;;
Sd Tch, Rt Chasse; Chg R to L; Chg L To R;;
Chg Beh Bk 2X;;; Rk, Rec, Swivel 2;

End Throwaway; Sailor Shuffles 2X;; Chg R to L Fc COH,;
Sailor Shuffles 2X;; Spanish Arms 2X;;;
Chg Beh Bk Fc Wall;; Qk Rk Apt;