MY HEART GOES BOOM

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Music: Boom Boom Goes My Heart by Alex Swings Oscar Sings
From the CD album Heart 4 Sale
Available from iTunes Music Downloads

Rhythm/Phase: Two-Step Phase II + 2 (Fishtail & Strolling Vine)
Music Speed: As downloaded
Footwork: Opposite throughout directions for M (and for W where noted).
Sequence: Introduction A B Brg 1 A B Brg 2 C Ending

INTRODUCTION (9 Measures)

SCP LOD W/ LEAD FEET FREE WAIT 1 MEAS; 2 FWD 2-STEPs; CIRCLE AWAY TWO 2-STEPs; STRUT TOG 4 BFLY; TWIRL VINE 2; WALK & PKUP;

Fwd R, cl L, fwd R, -; [6 & 7] Continue if turn (W rf) back to fc partner & wall fwd L, -, fwr R, -;
Fwd L, -, fwr R blind bfly pos fcng wall, -; [8] With partners fcng and M’s left and W’s right hnds joined step sd L, -, XRIB, -; (W sd & fwr R trng 1/2 rf under joined lead hands, -, sd & bk L trng 1/2 rf back to fc partner, -;) [9] Toward LOD fwr L, -, fwr R picking up W cld pos LOD, -;

PART A (16 Measures)

2 FWD 2-STEPs; PROGRESSIVE SCISSORS CHKNG; FISHTAIL; WALK & FC;
2 TRNG 2-STEPs CP LOD; REPEAT MEAS 1 THRU 8 BUT END MEAS 16 IN OPN POS FCNG PARTNER & WALL NO HANDS;

Sd R, cl L, XRIF (W XLIB) ending bjo pos DL; -; [5] XLIB of right (W XRIF of left) but not tightly, as body commences to turn right take a small step sd R completing 1/4 rf body turn, fwr L with left shldr lead, XRIB of left (W XLIB of right) but not tightly; [6] Fwr L, -, fwr R trng rf to end cld pos fcng wall, -;
[7 & 8] Sd L, cl R commence rf turn, sd & bk L across line of progression complete 1/2 rf turn, -; Sd R, cl L commence rf turn, fwr R complete up to 1/2 rf turn to end clsd pos LOD, -; [9 – 16] Repeat measures 1 thru 8 but end measure 16 in opn pos fcng partner & wall no hands; ; ; ;

PART B (16 Measures)

SOLO LEFT TURNING BOX; LACE ACROSS; FWD 2-STEP; LACE BACK; FWD 2-STEP BLND OPN POS FCNG PARTNER & WALL NO HANDS; REPEAT MEAS 1 THRU 8 BUT END MEAS 16 IN CP WALL;

[1 – 4] Sd L, cl R, fwr L trng 1/4 if partners are now right shldr to right shldr, -; Sd R, cl L, bk R trng 1/4 if partners are now back to back, -; Sd L, cl R, fwr L trng 1/4 if partners are now left shldr to left shldr, -;
[9 – 16] Repeat measures 1 thru 8 but first time thru Part B end measure 16 in clsd pos fcng the wall **;;; ; ; ; **Second time thru Part B end measure 16 in opn pos fcng partner & wall no hands.

BRIDGE 1 (8 Measures)

BROKEN BOX; STROLLING VINE END CP LOD;

Continue slight if upper body turn sd R, -; with slight rf upper body turn XLIB of right (W XRIF of left), -; Continue turn sd R, continue turn cl L, continue turn sd R to end clsd pos fcng LOD, -;
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........ BRIDGE 2 (8 Measures) ......
SKATE L & R; SD 2-STEP; SKATE R & L; SD 2-STEP; BK AWAY 3; BK AWAY 3 MORE; STRUT TOG 4 SCP LOD;;
[1] Swivel lf on right and step sd L/draw right to left, -, swivel rf on left and step sd R/draw left to right, -;
[2] Sd L, cl R, sd L, -; [3] Swivel rf on left and step sd R/draw left to right, -, swivel lf on right and step sd L/draw right to left, -;
[7 & 8] Walking forward toward partner & wall strut tog fwd L, -, fwd R, -; Fwd L, -, fwd R blnd semi-clsd pos LOD, -;

........ PART C (16 Measures) ......
2 FWD 2-STEPS;; FC & BOX;; REVERSE THE BOX;; 2 SD CLOSES; SD & THRU SEMI; REPEAT MEAS 1 THRU 8;;;; ;;;;
[1 & 2] In semi-clsd pos fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R commence rf body turn to clsd pos wall, -;

........ ENDING (4 Measures) ......
CIRCLE AWAY TWO 2-STEPS;; TOG TWO 2-STEPS & ON VERY LAST STEP HIGH FIVE PARTNER & SHOUT "BOOM";;
[1 & 2] Circling away from partner toward COH (W toward wall) fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -;
[3 & 4] Circling back to end fcng partner & wall fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R and on this step high five your partner and shout "Boom", -;