

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.

Phrasing: A, A, A, B, A\*, C, A\*\*, A, A, A

## Part A:

### 1-8 Knee Pop, Arm Movements, Pop Upper Body

- 1-4 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]  
5-7&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!! 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)

### 17-24 Jump And Jump, Unwind 3/4 R, Jump, Jump Cross, Unwind 1/2 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 3/4 R on both feet (weight on both feet) [6:00]  
5-8 Jump out, jump in crossing R in front of L, unwind 1/2 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]

**RESTART 1:** AFTER 32 counts in part A, facing 12 o'clock. Start with part C.

### 33-40 Turn 1/8 L Kick R, Step, Turn 1/4 L Side Step, Touch, 1/4 R Step, 1/4 R Side Step L, Pop Upper Body L, R, Squad Upper Body From R To L

- 1&2& Turn 1/8 L on L foot kicking R fw (1), step back on R (&), turn 1/4 L stepping L to L side (2),  
touch R next to L (&),  
3-4 Turn 1/4 R stepping fw R (3), turn 1/4 R stepping L to L side (4) [12:00]  
5-8 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]

**\*\* RESTART 2:** AFTER 48 counts in part A, instead of skate fw 3 o'clock, turn 1/4 L stepping L to L side,  
starting again with part A.

### 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 1/4 L Squad, Side Step, FREESTYLE!!!

- 1&2-4 Kick R fw, step R back, touch L back, squad down turning 1/4 L, step L to L side [12:00]  
5-8 FREESTYLE!! For example: Pop chest, hitting the "Boom Boom Pow" [12:00]

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**Part B:**

**1-8 Step Touch R, Step Touch L, Step Touch R, Step Touch L**

1-4 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]

5-8 Repeat count 1-4 [12:00]

**9-16 Roling Wine R, Bend Upper Body, "Low" Roling Wine L**

1-4 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]

5-8 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**

1-4 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]

5-8 Repeat count 1-4 [12:00]

**25-32 Turning Walks, Side Step**

1-4 Turn ¼ R stepping fw R (1), hold (2), turn ¼ R stepping fw L (3), hold (4) [6:00]

5-8 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**

1-5 Walk R, L, R, L, R, shimmying your shoulders [12:00]

6-8 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**

1-4 Turn ¼ R stepping fw R, walk fw L, R, L [6:00]

5-8 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**

1-4 Step fw R, turn ¼ R stepping L to L side, bang the door twice with your R fist [3:00]

5-8 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]

5-8 Step L, R, L, R on spot ( while stepping, really push the feet down to the ground) [12:00]

**RESTARTS:**

\* **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.