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Sequence: A, B, C, TAG 1, A, B, B, C, A, TAG 2, C

Part A

SEC 1 STEP, HEEL TWIST, KICK OUT-OUT, HEEL, HEEL, HEEL, TOE, HITCH

- 1&2 Step R forward, twist both heel to the right, twist heels to centre
3&4 Kick R forward, step R to right side, step L to left side
5&6& Twist R heel towards L, twist R heel to centre, twist L heel towards R, twist L heel to centre
7&8 Twist R heel in, twist R toe in, hitch R

SEC 2 SIDE, BEHIND, & CROSS & CROSS, SIDE, ¼ HEEL BOUNCE, BOUNCE, COASTER STEP

- 1-2 Step R down to right side, step L behind R
&3&4 Step R to right side, cross L over R, step R to right side, cross L over R
5&6 Step R to right side, ⅛ turn left bounce both heels, ⅛ turn left bounce both heels (9:00)
7&8 Step back on L, step R next to L, step forward on L

SEC 3 STEP, SLIDE, STEP, SLIDE, STEP ½ TURN, STEP ¼ TURN

- 1-2 Step R to right diagonal sliding L up to R
Arms Raise both arms above your head
3-4 Step L to left diagonal sliding R up to L
Arms Raise both arms above your head
5-6 Step R forward, ½ turn left take weight onto L (3:00)
Arms Rotate arms above your head anti clockwise ½ a turn, traveling right to left
7-8 Step R forward, ¼ turn left take weight onto L (12:00)
Arms Rotate arms above your head anti clockwise ½ a turn, traveling right to left

SEC 4 CROSS JUMP, ROLL HIPS, CROSS JUMP, ROLL HIPS

- &1 ⅛ Turn left jump feet R over L, jump feet shoulder width apart, (10:30)
2-3-4 Roll hips over 3 counts
&5 ¼ Turn right jump feet L over R, jump feet shoulder width apart, (1:30)
6-7-8 Roll hips over 3 counts

Part B

SEC 1 SIDE ROCK, SIDE ROCK & FORWARD ROCK & STEP ½ TURN

- 1-2& Rock R to right side, recover weight to L, step R next to L
3-4& Rock L to left side, recover weight to R, step L next to R
5-6& Rock R forward, recover weight to L, step R next to L
7-8 Step L forward, ½ turn right take weight onto R (6:00)

Bring Da Boomda
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SEC 2 BALL CROSS, SIDE, CROSS, ¼ SIDE, ROCKS

&1 Step L forward, cross R over L

2-3 Step L forward, cross R over L

4 Step L forward

5 ¼ Turn left step R to right side (3:00)

Arms Look towards back Wall reach right arm out to holding up thumb, index and middle finger palm facing forward

6 Rock weight onto L

Arms Look towards front Wall drop right arm reach left arm forward holding up middle and index finger palm facing forward

7 Rock weight onto R

Arms Look towards back Wall drop left arm reach right arm out holding up just your index finger palm facing forward

8 ¼ Turn left take weight onto L (12:00)

Arms Drag right arm from back to front

Note When doing the 2 b's there are no arm movements on the first b

Part C

SEC 1 KICK STEP, LOCK STEP, SIDE, HEEL TWIST, BALL CROSS SIDE, BALL CROSS SIDE

1&2& Kick R towards R diagonal, step R forward, lock L behind R, step R forward

3&4 Step L to left side, twist R heel towards L, twist R heel to centre

&5-6 Step L back, cross R over L, step L to left side

Styling 5 Drop body level down

Arms Shoulder width apart swing arms from chest height to waist height keeping arms close to body

&7-8 Step R back, cross L over R, step R to right side

Styling 7 Drop body level down

Arms Shoulder width apart swing arms from chest height to waist height keeping arms close to body

SEC 2 ROCK BACK SIDE, KNEE DIP, KNEE DIP, COASTER STEP

1&2 Rock L behind R, recover weight onto R, step L to left side

3-4 Bend R knee toward L, roll R knee clockwise

Arms Follow R knee rotation with right arm, swinging arm in and out

5-6 Bend L knee towards R, roll L knee anticlockwise

Arms Follow L knee rotation with left arm, swinging arm in and out

7&8 Step R back, step L next to R, step R forward

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SEC 3 STEP, HOLD, HEEL, HEEL ROCK, STEP TOGETHER, BACK, BACK, TOGETHER

1-2 Step L forward, hold

Arms Reach right arm out in front of you, palm facing forward, rotate arm back

a3-4 ¼ Turn right twist R heel, ¼ turn right twist L heel weight back on left, step forward on R (6:00)

Arms 3-4 Drop right arm reach left arm forward palm facing forward, drop arms

5-6 Step L next to R, step R back to right diagonal

Arms Reach right arm forward to left diagonal

7-8 Step L back to left diagonal, step R next to L

Arms 7-8 Reach left arm forward to right diagonal, both arms come up level with head

SEC 4 STEP, HOLD, HEEL, HEEL ROCK, STEP TOGETHER, BACK, BACK, TOGETHER

1-2 Step L forward, hold

Arms Reach right arm out in front of you, palm facing forward, rotate arm back

a3-4 ¼ Turn right twist R heel, ¼ turn right twist L heel weight back on left, step forward on R (12:00)

Arms 3-4 Drop right arm reach left arm forward palm facing forward, drop arms

5-6 Step L next to R, step R back to right diagonal

Arms Reach right arm forward to left diagonal

7-8 Step L back to left diagonal, step R next to L

Arms 7-8 Reach left arm forward to right diagonal, both arms come up level with head

Tag 1

SIDE, ROTATE BODY CLOCKWISE, POP SHOULDERS

1 Step R to right side

2-3-4 Rotating body clockwise over 3 counts

5-6 Rock on R as you pop right shoulder up, rock onto L pop left shoulder up

7-8 Rock onto R pop right shoulder up, rock onto L pop left shoulder up

Styling Raise up over 5-8

Tag 2

½ SIDE, ROCK x3

1 ½ Turn right step R to right side

2 Hold

Arms Look towards back Wall reach right arm out to holding up thumb, index and middle finger palm facing forward

3 Rock weight onto L

Arms Look towards front Wall drop right arm reach left arm forward holding up middle and index finger palm facing forward

4 Rock weight onto R

Arms Look towards back Wall drop left arm reach right arm out holding up just your index finger palm facing forward

5 ¼ Turn left take weight onto L

Arms Drag right arm from back to front



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