Bring Da Boomda

Count: 80 **Wall:** 1 **Level:** Advanced Phrased
Choreographer: Shane McKeever (IRE) & Tim Johnson (UK) - September 2026
Music: I Bring the Boom - The Mondays & LiTTiE

Intro: 16 counts (approx 9 seconds into track). Start with weight on L.
Sequences : A-B-C,TAG1,A-B-B-C-A, TAG2, C

A - 32c
[1 – 8] Step R forward, heel twist-twist, R Kick out-out, R heel, L heel, R heel, toe, hitch

1&2	Step R forward (1) Twist both heel to the right (&) Return heels back to start position (2)
3&4	Kick R forward (3) Step R to right side (&) Step L to left side (4)
5&6&	Twist R heel towards L (5) Return R heel (&) Twist L heel towards R (6) Return L heel (&)
7&8	Travelling R towards L, Twist R heel in (7) Twist R toe in (&) Hitch R (8)

[9 – 16] R side, behind, & cross & Cross, R side, ¼ heel bounce, bounce, L coaster step

1-2	Step R down to right side (1) Step L behind R (2)
&3&4	Step R to right side (&) Cross L over R (3) Step R to right side (&) Cross L over R (4)
5&6	Step R to right side (5) Making an 1/8 turn left, bounce heels right (&) Making an 1/8 turn left, bounce heels right (6)
7&8	Step back on L (7) Step R next to L (&) step forward on L (8)

[17 – 24] Step R, slide L, Step L, slide R, Step R ½ turn, Step R ¼ turn

1-2	Step R to right diagonal as you begin to slide L up to R (1) Continue dragging L up to R (2)
***Optional arms – raise both arms above your head**	
3-4	Step L to left diagonal as you begin to slide R up to L (3) Continue dragging R up to L (4)
***Optional arms – raise both arms above your head**	
5-6	Step R forward (5), making a ½ turn left, take weight onto L (6)
***Optional arms - rotate arms above your head anti clockwise ½ a turn, traveling right to left**	
7-8	Step R forward (7) Making a ¼ turn left, take weight onto L (8)
***Optional arms - rotate arms above your head anti clockwise ½ a turn, traveling right to left**	

[25 – 32] Cross jump R, Roll hips, Cross jump L, Roll hips

&1	Making an 1/8th turn left, Jump feet together, Bringing R in front of L (&) Jump feet shoulder width apart (1) 10:30
2-3-4	Roll hips over 3 counts (2), (3), (4)
&5	Making a ¼ turn right, Jump feet together, bringing L in front of R (&) Jump feet shoulder width apart (5) 1:30
6-7-8	Roll hips over 3 counts (6), (7), (8) end with weight on L

B- 16c
[1 – 8] R side rock, L side rock & R forward rock & step half.

1-2&	Squaring up to 12, Rock R to right side (1) recover weight to L (2) Step R next to L (&) 12:00
3-4&	Rock L to left side (3) Recover weight to R (4) Step L next to R (&)
5-6&	Rock R forward (5) recover weight to L (6) step R next to L (&)
7-8	Step L forward (7) making a ½ turn right, take weight onto R (8) 6:00

[9 – 16] Ball cross, side, cross, ¼, ¼, rock R, L, R, ¼ *hand movements 3,2,1 with rocks

&1	Angling your body towards 9 o'clock, Step L forward (&) Cross R over L (1)
2-3	Step L forward (2) Cross R over L (3)
4	Squaring up to 6, Step L forward (4)

5-6-7-8 Making a ¼ turn left, Step R to right side, look towards to back wall as you reach right arm out to the back wall holding up thump, index and middle finger (palm facing forward) (5) rock weight onto L as you look towards the front wall, dropping right arm and reaching left arm towards the front wall holding up middle and index finger (palm facing forward) (6) Rock weight onto R as you look towards the back wall, dropping left arm and reaching right arm to the back wall holding up just your index finger (palm facing forward) (7) Making a ¼ turn left, take weight onto L as you drag right arm from back to front (8)

***during the arm movements music will sign "3,2,1" arm movements match these lyrics.**
**** when doing the x2 B's there are NO arm movements on the first B** 12:00**
C -32c
[1 – 8] R kick step, lock step, L side, heel twist, ball cross side, ball cross side

1&2& Kick R towards R diagonal (1) Travelling towards right diagonal, step R foot forward (&) lock L behind R (2) Travelling towards right diagonal, step R foot forward (&)

3&4 Squaring up to 12, Step L to left side (3) Twist R heel towards L (&) Return heel back to start position (4)

&5-6 Step L foot back (&) Cross R over L as drop body level down (5) step L to left side (6)

***Optional arms (counts 5-6) – with palms facing 9, arms shoulder width apart, swing arms from chest height to waist height, keeping arms close to body (as if rowing a boat)**

&7-8 Step R foot back (&) Cross L over R as drop body level down (7) step R to right side (8)

***Optional arms (counts 5-6) – with palms facing 3, arms shoulder width apart, swing arms from chest height to waist height, keeping arms close to body (as if rowing a boat)**

[9 – 16] L rock back side, R knee dip, L knee dip, R coaster step

1&2 Rock L behind R (1) recover weight onto R (&) Step L to left side (2)

3-4 Bend R knee toward L (3) roll R knee clockwise back into resting position (4)

***Optional arms – follow R knee rotation with right arm, swinging arm in and out**

5-6 Bend L knee towards R (5) roll L knee anticlockwise back into resting position (6)

***Optional arms – Follow L knee rotation with Left arm, swinging arm in and out**

7&8 Step R back (7), Step L next to R (&) Step R forward (8)

[17-24] Step L, hold, heel, heel rock, recover, step together, back R, back L, R together

1-2 Step L forward as reach right arm out in front of you, palm facing forward, begin to rotate right arm from 12 to 6 (1) continue rotating arm towards 6 (2)

a3-4 As arm continues rotating, twist R heel ½ a turn left as arm reaches 6 (a) twist L heel ½ a turn left as you face 6 and rock back on left, drop right arm and reach left arm forward, palm facing forward (3) Drop arms and step forward on R (4) 6:00

5-6 Step L next to R (5) Leading with you right hip, step R back to right diagonal as you reach right arm forward to left diagonal (6)

7-8 Leading with your left hip, Step L back to left diagonal as you reach left arm forward to right diagonal (7) Step R next to L as both arms come up level with head.

[25-32] Step L, hold, heel, heel rock, recover, step together, back R, back L, R touch

1-2 Step L forward as reach right arm out in front of you, palm facing forward, begin to rotate right arm from 12 to 6 (1) continue rotating arm towards 6 (2)

a3-4 As arm continues rotating, twist R heel ½ a turn left as arm reaches 6 (a) twist L heel ½ a turn left as you face 6 and rock back on left, drop right arm and reach left arm forward, palm facing forward (3) Drop arms and step forward on R (4)

5-6 Step L next to R (5) Leading with you right hip, step R back to right diagonal as you reach right arm forward to left diagonal (6)

7-8 Leading with your left hip, Step L back to left diagonal as you reach left arm forward to right diagonal (7) touch R next to L as both arms come up level with head.

TAG 1: Step R to right side, rotate body clockwise (washing machine), pop shoulders R,L,R,L

1 Step R to right side (1)

2-3-4	Rotating body clockwise, dip your body down to the right (2) continuing to rotate round, drop you body lower as you move to your body to centre (3) continuing to roatet round, start to bring your body back up as you move to the left (4)
5-6	As you slow come back up, Rock on R as you pop right shoulder up (5) continuing to rise, rock onto L as you pop left shoulder up (6)
7-8	Continuing to rise, rock onto R as you pop right shoulder up (7) continuing to rise, rock onto L as you pop left shoulder up (8)

TAG 2: 1/8 turn right, rock R, L, R, ¼ *hand movements 3,2,1 with rocks

1	Making an 1/8 turn right, step R to right side (1) *end facing 3
2-3-4-5	look towards to back wall as you reach right arm out to the back wall holding up thump, index and middle finger (palm facing forward) (2) rock weight onto L as you look towards the front wall, dropping right arm and reaching left arm towards the front wall holding up middle and index finger (palm facing forward) (3) Rock weight onto R as you look towards the back wall, dropping left arm and reaching right arm to the back wall holding up just your index finger (palm facing forward) (4) Making a ¼ turn left, take weight onto L as you drag right arm from back to front (5)
