

BOOM BOOM MERENGUE

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MUSIC: "BOOM BOOM" BY Ce Perez Dance In Caribe 3:58 download Amazon
Music cut at 3:11 Slowed 6 % after cut (30 mpm). Adjust speed for comfort
RHYTHM: MERENGUE RAL PHASE 4 + 2 [single Cubans, stop & go]
FOOTWORK: opposite except where noted.
SEQUENCE: INTRO A B A INTER B A A C D END Released 2/15/2013

INTRO

- 1-14 WAIT;; SWING BASICS;; HIP RKS DOWN & UP;; MERENGUE BASIC; OP BRK (LADY CHNG SDS U/A) M FC COH; SIDE STAIRS 8;; MERENGUE BASIC; OP BRK (LADY CHNG SDS U/A) M FC WALL; SIDE STAIRS 8;;
- 1-2 CP WALL lead ft free wait;;
3-4 [SWING BASICS] rk bk L to SCP, rec R to fc ptr, sd L swinging hips twd LOD, rec R swinging hips twd RLOD; REPEAT MEAS 3 OF INTRO;
5-6 [HIP RKS DOWN & UP] CP WALL sd L swinging hips twd LOD, sd R swinging hips twd RLOD, comm to lower body sd L, sd R; in lowered position sd L cont to swing hips, sd R cont to swing hips, sd L starting to rise, sd R cont to rise;
7 [MERENGUE BASIC] sd L, cl R, sd L, cl R;
8 [OP BRK (LADY CHNG SDS U/A) M FC COH] apt L, rec R leading W to trn LF undr jnd lead hnds taking her to COH, comm RF trn sd & fwd L, cont LF trn fwd R to fc ptr COH (W rk apt R, rec fwd L to M's R sd, fwd R undr jnd lead hnds pivot LF, bk L) blend to CP;
9-10 [SD STAIRS] CP fcg COH sd L, cl R, fwd L, cl R; sd L, cl R, fwd L, cl R;
11 [MERENGUE BASIC] REPEAT MEAS 7 fcg COH;
12 [OP BRK (LADY CHNG SDS U/A) M FC WALL] REPEAT MEAS 8 TO FC WALL;
13-14 [SD STAIRS] REPEAT MEAS 9 & 10 INTRO;;;

PART A

- 1-8 CONGA WLKS L & R;; BK AWAY 4; M HOLD (LADY TRNG HIP BUMPS);; X PNTS TOG TO X HNDS R OVER L;; MERENGUE BASIC W/HEAD LOOPS;
- 1-2 [CONGA WLKS L & R] releasing hnds sd L twd LOD, XRIF sd L, pnt R; sd R twd RLOD, XLIF, sd R, pnt L;
3 [BK AWAY 4] moving away from ptr bk L, bk R, bk L, bk R (W bk R, bk L, bk R, bk L;
4-5 [M HOLD (LADY TRNG HIP BUMPS)] M press ball of L ft to floor and hold,-,-(W with weight on L start LF trn stepping on ball of R ft to raise R hip, rec L, cont LF trn stepping on ball of R ft to raise R hip, rec L); M cont to hold in press line (W cont LF trn stepping on ball of R ft to raise R hip, rec L, cont LF trn stepping on ball of R ft to raise R hip, rec L to fc ptr);
6-7 [X PNTS TOG TO X HNDS R OVER L] lead ft free moving twd ptr XLIF of R, pnt R sd, XRIF of L, pnt L sd; cont moving fwd REPEAT MEAS 6 PART A jn R/R hnd and L/L hnds with R over L;
8 [MERENGUE BASIC W/HEAD LOOPS] sd L taking jnd R hnds up and placing them behind M's head, cl R releasing R hnds, sd L taking jnd L hnds up and placing them behind M's head, cl R releasing L hnds to end CP WALL;

PART B

1-8 MERENGUE BASIC; MERENGUE GLIDE; STOP & GO;;

- 1 [MERENGUE BASIC] CP WALL sd L, cl R, sd L, cl R;
- 2 [MERENGUE GLIDE] on ball of ft sd L/cl R, sd L/cl R, sd L, cl R;
- 3-4 [STOP & GO] jn lead hnds rk apt L, rec R, fwd L leading W to trn LF undr jnd lead hnds, fwd R catching W with R hnd on her L shouldr blade to stop her movement (W rk apt R, rec L comm LF trn undr jnd lead hnds on M's R sd, fwd R cont LF trn to fc WALL, rk bk L with checking action; rec L leading W to trn RF undr jnd lead hnds, cl R, sd L, cl R (W rec R comm RF trn, cont RF trn sd & bk L to fc ptr, bk R, cl L) end BFLY WALL;

5-10 SD SEPARATION;;; TRADE PLACES W/ LADY'S U/A; 2 QK CUCAS;

- 5-8 [SD SEPARATION] BFLY WALL sd L, cl R, sd L, tch R (W sd R, cl L, sd R, cl L); moving twd RLOD releasing hnds sd R, cl L, sd R, tch L (W moving twd LOD sd R, cl L, sd R, tch L) tch L hnds; moving twd LOD sd L, cl R, sd L, cl R (W moving twd RLOD sd L, cl R, cl L, cl R); cont moving twd LOD sd L, cl R, sd L, cl R (W cont moving twd RLOD sd L, cl R, sd L, tch R) jn R hnds;
- 9 [TRADE PLACES W/LADY'S U/A] with L hnds jnd rk bk L, rec fwd R leading W to trn LF undr jnd hnds, fwd L comm RF trn, cont RF trn to fc ptr COH (W rk bk L, rec fwd R comm LF trn undr jnd hnds, fwd R cont LF trn, sd L to fc ptr WALL) blend to CP;
- 10 [2 QK CUCAS} rk sd L/rec R, cl L, rk sd R/rec L, cl R (W rk sd R/rec L, cl R, rk sd L/rec R, cl L);

11-16 SD SEPARATION;;; TRADE PLACES W/LADY'S U/A; 2 Q CUCAS;

REPEAT MEAS 5-10 PART B FCG COH & END FCG PTR WALL;;;;;

REPEAT PART A

INTERLUDE

1-4 SWING BASICS;; HIP RKS DOWN & UP;;

- 1-2 [SWING BASICS] REPEAT MEAS 3-4 INTRO;;
- 3-4 [HIP RKS DOWN & UP] REPEAT MEAS 5 -6 INTRO;;

REPEAT PART B
REPEAT PART A
REPEAT PART A

PART C

1-4 OP BRK TO WRAP; WHEEL 4; UNWRAP; TWIRL TO TAMARA POS; WHEEL 4;;

- 1 [OP BRK TO WRAP] jn both hnds rk apt L, rec R fwd L raise jnd lea dhnds to wrap W to M's R sd, fwd R comm RF wheel (W rk apt R, rec L, fwd R to M's R side trng LF undr jnd lead hnds to wrap position, in plc L);
- 2 [WHEEL 4] in wrapped pos fcg WALL wheel RF fwd L, fwd RL, fwd L, fwd R (W bk R, bk L, Bk R, bk L);
- 3 [UNWRAP TO FC] fcg WALL in wrapped position keep both hnds jnd and lead W to trn undr jnd lead hnds in plc L, R, L, R (W sd & bk R comm RF trn under jnd lead hnds, fwd L cont RF trn, fwd R cont RF trn, fwd L to fc ptr) end fcg ptr WALL with both hnds jnd;
- 4 [TWIRL TO TAMARA] lead ft free keeping both hnds jnd lead W to trn RF undr jnd lead hnds in plc L, R, L, R (W trn RF undr lead hnds frd R, L, R, L to fc COH) end with M's R hnd behind W's bk with L hnd high;

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PART C (CONT)

- 5-8 WHEEL 4; UNWRAP TO WALL; SINGLE CUBAN BRKS; SPOT TRN IN 4;
5 [WHEEL 4] wheel RF fwd L, fwd R, fwd L, fwd R (W fwd R, fwd L, fwd R, fwd L);
6 [UNWRAP TO WALL] cont wheel to fc WALL L, R, L, R leading W to trn LF undr jnd lead
hnds (W bk R comm LF trn, sd & bk L cont LF trn, sd R, cl L) to fc ptr WALL;
7 [SINGLE CUBAN BRKS] XLIF of R/ rec R, sd L, XRIF of L/rec L, sd R;
8 [SPOT TRN IN 4] releasing jnd hnds XLIF of R comm RF trn, rec R, cont RF trn XING LIF of R
to fc ptr, sl R to end fcg ptr WALL in BFLY;

PART D

- 1-8 STOP & GO;; MERENGUE BASIC; PROMENADE; SWING BASICS;; HIP RKS DOWN & UP;;
1-2 [STOP & GO] REPEAT MEAS 3 & 4 PART A;;
3 [MERENGUE BASIC] REPEAT MEAS 7 INTRO;;
4 [PROMENADE] SCP fwd L, fwd R, fc ptr sd L, cl R to end CP WALL;
5-6 [SWING BASICS] REPEAT MEAS 3 & 4 INTRO;;
7-8 [HIP RKS DOWN & UP] REPEAT MEAS 5 & 6 INTRO;;

END

- 1-8 MERENGUE BASIC; OP BRK (LADY CHNG SDS U/A) M FC COH; SD STAIRS 8 ;; MERENGUE BASIC;
OP BRK (LADY CHNG SDS U/A) M FC WALL; 2 Q CUCAS; SD CLOSE LUNGE & TWIST;
1-6 REPEAT MEAS 7 TO 12 INTRO;;;;;
7 REPEAT MEAS 16 PART B;
8 Sd L, cl R, sd L with bent knee extending R leg twd RLOD, sl LF twist to upper bdy & hold;

NOTE: You can use the music that Ron Rumble used for his dance " Boom Boom" by changing the sequence to INTRO A B A INTER B A C D and add side stairs to end of part D, then repeat A. Leave out the ending and just do lunge twist for END. You may want to speed the music .

QUICK CUES

- INTRO: wait 2 meas;; swing basics;; hip rks down & up;;
Merengue basic; op brk lady U/A M fc COH; sd stairs 8;;
Merengue basic; op brk lady U/A M fc WALL; sd stairs 8;;
PART A: conga wlks L & R;; bk away 4; M pressline lady trng hip bumps;;
X pnts tog to X hnds R over L;; merengue basic w/head loops;
PART B: merengue basic; merengue glide; stop & go;; side separation;;;;
Trade plc lady U/A; 2 Q cucas; side separation;;;;; trade plc lady U/A; 2 Q cucas;
REPEAT PART A
INTER: swing basics;; hip rks down & up;;
REPEAT B, REPEAT A, REPEAT A
PART C: op brk to wrap; wheel 4; unwrap; twirl to tamara;
wheel 4; unwrap to WALL; single Cubans; spot trn in 4;
PART D: stop & go;; merengue basic; promenade; swing basics;; hip rks down & up;;
END: merengue basic; op brk lady U/A M fc COH; sd stairs 8;;
Merengue basic; op brk lady U/A M fc WALL; 2 Q cucas; sd cl, lunge & twist;