

# 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;

[1] In semi-clsd pos fcng LOD with lead feet free wait 1 measure; [2 & 3] Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; [4 & 5] Circling lf away from partner toward COH (W rf toward wall) fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; [6 & 7] Continue lf turn (W rf) back to fc partner & wall fwd L, -, fwd R, -; Fwd L, -, fwd R blnd bfly pos fcng wall, -; [8] With partners fcng and M's left and W's right hnds joined step sd L, -, XRIB, -; (W sd & fwd R trng 1/2 rf under joined lead hands, -, sd & bk L trng 1/2 rf back to fc partner, -); [9] Toward LOD fwd L, -, fwd R picking up W clsd 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;;; ;;;

[1 & 2] In clsd pos LOD fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; [3 & 4] Sd L, cl R, XLIF (W XRIB), -; Sd R, cl L, XRIF (W XLIB) ending bjo pos DLC, -; [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, fwd L with left shldr lead, XRIB of left (W XLIF of right) but not tightly; [6] Fwd L, -, fwd R trng rf to end clsd 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, fwd 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 CP WALL;;; ;;;

[1 - 4] Sd L, cl R, fwd L trng 1/4 lf partners are now right shldr to right shldr, -; Sd R, cl L, bk R trng 1/4 lf partners are now back to back, -; Sd L, cl R, fwd L trng 1/4 lf partners are now left shldr to left shldr, -; Sd R, cl L, bk R trng 1/4 lf partners are now fcng, -; [5] With M's left and W's right hnds joined and passing bhnd W moving diag across line of progression ending in left opn fcng pos facing line of progression fwd L, cl R, fwd L, -; [6] Fwd R, cl L, fwd R, -; [7] With M's right and W's left hnd joined and passing bhnd W moving diag across line of progression ending in opn pos facing line of progression fwd L, cl R, fwd L, -; [8] Fwd R, cl L, fwd R trng rf to fc partner & wall in opn pos no hnds, -; [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;;;

[1 - 4] Sd L, cl R, fwd L, -; Rk fwd R, -, rec L, -; Sd R, cl L, bk R, -; Rk bk L, -, rec R, -; [5 - 8] In clsd pos fcng wall commence slight rf upper body turn sd L, -, with slight lf upper body turn XRIB of left (W XLIF of right), -; Continue turn sd L, continue turn cl R, continue turn sd L, -; Commence slight lf 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, -; [4] Sd R, cl L, sd R, -; [5] Back away from partner bk L, cl R, bk L, -; [6] Continue backing away from partner bk R, cl L, bk R, -; [7 & 8] Walking forward toward partner & wall strut tog fwd L, -, fwd R, -; Fwd L, -, fwd R blind 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, -; [3 & 4] Sd L, cl R, fwd L, -; Sd R, cl L, bk R, -; [5 & 6] Sd L, cl R, bk L, -; Sd R, cl L, fwd R, -; [7] Sd L, cl R, sd L, cl R; [8] Toward LOD sd L, -, step thru R blind semi-clsd pos, -; [9 - 16] Repeat measures 1 thru 8;;; ;;;

## ..... 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", -;