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My Heart Goes Boom (LDF)

32 Count, 4 Wall, Improver

Choreographer: Karen Kennedy (February 2017)

Choreographed to: Girl Next Door by Lee Matthews –
Album It's A Great Day To Be Alive

Intro:- 32 count - starting on vocals

S1 Right & Left Lock Fwd, 1/4 Pivot Cross, 1/2 Hinge Turn, Cross

1&2 Step right forward, lock left behind right, step right forward

3&4 Step left forward, lock right behind left, step left forward

5&6 Step right forward, pivot 1/4 turn left, cross right over left (9.00)

7&8 1/4 turn right step back on left, 1/4 turn right step right to right side, cross left over right (3.00) * Restart during

Wall 3 side wall

S2 1/2 Open Right Rumba Box Fwd, 1/2 Open Left Rumba Box Fwd, Right Mambo, Left Coaster

1&2 Step right to right side, close left beside right, step right forward

3&4 Step left to left side, close right beside left, step left forward

5&6 Rock forward on right, recover back on left, step back on right

7&8 Step left back, step right back beside left, step left forward (3.00) Restart during wall 6 facing back wall

S3 Right Mambo With 1/4 Turn, Cross Mambo, 1/2 Right Chase, 1/4 Left Pivot Cross

1&2 Rock forward on right, recover back left, 1/4 turn right stepping right to right side (6.00)

3&4 Cross rock left over right, recover back on right, step left to left side

5&6 Step forward on right, 1/2 pivot left, step right forward (12.00)

7&8 Step left forward, 1/4 pivot right, cross left over right (3.00)

S4 Right Point Side, In, Side, 1/4 Right Coaster Step, Left Point Side, In, Side, 1/4 Left Coaster Step

1&2 Point right toe to right side, tap right beside left instep, point right toe to right side

3&4 1/4 turn right stepping right foot back, step left back beside right, step right forward (6.00)

5&6 Point left toe to left side, tap left beside right instep, point left toe to left side

7&8 1/4 turn left stepping back left foot back, step right back beside left, step left forward (3.00)

START AGAIN

Note:- Dance goes clockwise and please add the two restarts during the two instrumental parts of the song.

First Restart: – During wall 3 you are facing the back wall you just dance the first counts and restart the dance facing the side wall as the vocals kick back in.

Second Restart - Wall 6 dance the first 16 counts through the instrumental part of the song and restart the dance facing the back wall as the vocals start again.