

# My Heart Goes Boom

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Karen Kennedy (Nuline - February 2017)

**Music:** Girl Next Door by Lee Matthews - Album: It's A Great Day To Be Alive

**Music Download:- iTunes and amazon**

**Intro:- 32 count - starting on vocals**

**RIGHT & LEFT LOCK FWD,  $\frac{1}{4}$  PIVOT CROSS,  $\frac{1}{2}$  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  $\frac{1}{4}$  turn left, cross right over left (9.00)

**7&8 $\frac{1}{4}$  turn right step back on left,  $\frac{1}{4}$  turn right step right to right side, cross left over right (3.00)**

**\* Restart during Wall 3 - side wall**

**$\frac{1}{2}$  OPEN RIGHT RUMBA BOX FWD,  $\frac{1}{2}$  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

**RIGHT MAMBO WITH  $\frac{1}{4}$  TURN, CROSS MAMBO,  $\frac{1}{2}$  RIGHT CHASE,  $\frac{1}{4}$  LEFT PIVOT CROSS**

**1&2**            Rock forward on right, recover back left,  $\frac{1}{4}$  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,  $\frac{1}{2}$  pivot left, step right forward (12.00)

**7&8**            Step left forward,  $\frac{1}{4}$  pivot right, cross left over right (3.00)

**RIGHT POINT SIDE, IN, SIDE,  $\frac{1}{4}$  RIGHT COASTER STEP, LEFT POINT SIDE, IN, SIDE,  $\frac{1}{4}$  LEFT COASTER STEP**

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

**3&4<sup>1</sup>/<sub>4</sub> 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<sup>1</sup>/<sub>4</sub> 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.**

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