

Boom Body Reggae

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Count: 32

Wall: 4

Level: Beginner

Choreographer: Rob Williams (USA) - November 2025

INTRO: 16 counts (about 11 seconds from start of track)

There are no tags or restarts.

Sec 1: FWD, ROCK L, FWD, ROCK R, TOUCH FWD, COASTER STEP

1, 2& Step R fwd slightly crossing L, Rock L to left, Recover on R

3, 4& Step L fwd slightly crossing R, Rock R to right, Recover on L

5-6 Step R fwd, Touch L fwd

7& 8 Step L back, Step R next to L, Step L fwd

Sec 2: PADDLE ½ LEFT, BUMP HIPS R-R-L-L

1-4 Turn ¼ R touching R toes to right keeping weight on L (9:00), Turn 1/8 R touching R toes to right (7:30), Turn 1/8 R touching R toes to right (6:00), Touch R next to L

5-8 Swing hips to right bumping R x 2, Swing hips to left bumping L x 2 (end with weight on L)

(Note: If you prefer not to bump hips, option to shift weight R x 2 and L x 2 instead)

Sec 3: STEP FWD, TOUCH FWD, STEP BACK, TOUCH BACK, STEP R, ROCK BEHIND, STEP L, ROCK BEHIND

1-4 Step R fwd, Touch L fwd, Step L back, Touch R back

5, 6& Step R to right, Rock L behind R, Recover on R

7, 8& Step L to left, Rock R behind L, Recover on L

Sec 4: R VINE, HEEL ACROSS, TOUCH BACK DIAG, HEEL ACROSS, ¼ L TURNING SHUFFLE

1-4 Step R to right, Step L behind R, Step R to Right, Touch L heel across RF

5-6 Touch L toe to L rear diagonal, Touch L heel across RF

7& 8 ¼ Left turning shuffle stepping L-R-L (squaring to face 3:00)

(HAND MOTION: Option to push palms out from chest during heel touches on counts 4 and 6 in Section 4.

Another option that works well is to alternate swinging arms on counts 4-5-6 with R palm fwd/L arm back on counts 4 and 6, L palm fwd/R arm back on count 5)

[REPEAT SECTIONS 1-4]

Note: Be sure to select the clean version of the song if that is important to you.

Hope you have fun!

Last Update: 21 Nov 2025