

# BOOM, BOOM GOES MY HEART

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**Record:** Alex Swings Oscar Sings! - CD: Heart 4 Sale, Track 2; Available Download iTunes & others  
**Footwork:** Opposite unless noted (Woman's Footwork in parentheses)  
**Rhythm:** Foxtrot/Jive RAL Phase IV + 2 [Outside Spin, Catapult]  
**Timing:** Standard unless noted. Time @ Recorded Speed: 3:24  
**Sequence:** Intro - A - B - C - A - B - D - End Released: November 1, 2009

Meas

## INTRODUCTION

1 - 4

### CP/DLC WAIT WHISTLE,, DIAMOND TRN;;;:

- SQQ 1 - 2 [Start Diamond Turn] Fwd L trng on diag, -, sd R cont trng LF, bk L CBJO DRC; Bk R trng LF, -, sd L, fwd R CBJO DRW;  
SQQ  
SQQ 3 - 4 [Finish Diamond Turn] Fwd L trng on diag, -, sd R cont trng LF, bk L CBJO DLW; Bk R trng LF, -, sd L, fwd R CBJO DLC;  
SQQ

5 - 8

### REV TRN;; HOVER TELE; FEATHER;

- SQQ 1 - 2 [Reverse Trn] Fwd L starting LF body trn, -, sd R continuing trn, bk L line of dance to CP (Bk R starting LF trn, -, close L to R (heel trn) continuing trn, fwd R to CP); bk R continuing LF trn, -, sd and slightly fwd L DLW, fwd R to CBMP (Fwd L continuing LF trn, -, sd R to DLW, bk L to CBMP DLW);  
SQQ  
SQQ 3 - 4 [Hover Tele] Fwd L, -, diag sd & fwd R rising slightly [hovering] w/body trng 1/8 RF, fwd L small step on toes to SCP/DLW (Bk R, -, diag sd & bk L w/hovering action & body trng 1/8 RF, fwd R small step on toes to SCP); [Feath] Fwd R, -, fwd L, fwd R outside W in CBMP/DLC (Thru L trng LF twd ptr, -, sd & bk R, bk L);

## PART A (FOXTROT)

1 - 4

### WHISK; WING; CL TELE; OP NAT;

- SQQ 1 - 2 [Whisk] Fwd L to CP, -, fwd & sd R commencing rise to ball of ft, XLIB of R continuing to full rise on ball of ft ending in tight SCP (bk R to CP, -, bk & sd L commencing to rise to ball of ft, XRIB of L continuing to full rise on ball of ft ending in tight SCP);  
S(SQQ) [Wing] Fwd R, -, draw L twd R, tch L to R trng upper part of body LF with lft sd stretch (Fwd L beginning to XIF of M comm trn slightly LF, -, fwd R arnd M cont to trn slightly LF, fwd L arnd M complete slight LF trn to end in a tight SCAR;) DLC;  
SQQ 3 - 4 [Cl Tele] Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L (W bk R comm Lf trn, -, cl L to R for heel trn, bk & sd R) to BJO/ DLW;  
SQQ [Op Nat] Comm RF upper body trn fwd R heel to toe, -, sd L across LOD, cont slight RF upper body trn bk R leading ptr to step outside the M to BJO/DRC (Comm RF upper body trn bk L, -, cl R [heel turn] cont trn, fwd L outside ptr to BJO);

5 - 8

### OUTSIDE SPIN; OUTSIDE CK; OUTSIDE CHG; FEATH;

- SQQ 5 - 6 [Outside Spin] In CBMP preparing to lead W outside ptr comm RF body trn toeing in with rt sd lead bk L in CBMP small step 3/8 trn RF on step 1, -, fwd R in CBMP heel to toe cont to trn RF, [3/8 RF trn betwn steps 2 & 3] sd & bk L to end in CP 1/4 RF trn on step 3 (Comm RF body trn w/lft sd lead staying well into the M's rt arm fwd R in CBMP outside ptr heel toe, -, L closes to R pivot on toes of both ft 5/8 trn betwn steps 1 and 2, cont to trn RF 1/4 betwn steps 2 and 3 fwd R betwn M's feet to end in CP 1/8 RF trn on step 3); [Outside Ck] Bk R trng LF, -, sd & fwd L, ck fwd R outside ptr to CBMP (Fwd L trng LF, -, sd & bk R, ck bk L outside ptr to CBMP);  
SQQ  
SQQ 7 - 8 [Outside Chg] Bk L, -, bk R trng LF, sd & fwd L outside ptr to SCP (Fwd Rt, -, fwd L, fwd R to SCP); [Feath] Fwd R, -, fwd L, fwd R outside W in CBMP DLC (Thru L trng LF twd ptr, -, sd & bk R, bk L);

9 - 12

### REV WAVE;; BK FEATH; FEATH FINISH;

- SQQ 9 - 10 [Rev Wave 1/2] Fwd L starting LF body trn 3/8, -, sd R line of progression, bk L diagonally ( Bk R starting LF body trn 3/8, -, cl L to R [heel turn], fwd R diagonally);  
SQQ  
SQQ 11 - 12 [Bk Feather] Bk L, -, bk R w/rt shldr lead, bk L to CBMP (Fwd R, -, fwd L w/lft shldr lead, fwd R); [Feath Fin] Bk R comm. LF trn, -, sd & fwd L outside ptr, fwd R (W fwd L comm. LF trn, -, sd & bk R, bk L) to BJO DLW;

**13 – 16****HOVER; SLOW SD LK; OP TELE; THRU, FC, CL;**

- SQQ** 13-14 [**Hover**] Fwd L to CP, -, fwd & sd R rising to ball of ft, rec L to tight SCP (Bk R to CP, -, bk & sd L trng to SCP & rising to ball of ft, rec R to tight SCP); [**Slow Sd Lk**] Thru R, -, sd & fwd L to CP, XRIB of L trng slightly LF (Thru L starting LF trn, -, sd & bk R continuing LF trn to CP, XLIF of R;) to CP/DLC;
- SQQ** 15-16 [**Op Tele**] Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L (W bk R comm Lf trn, -, cl L to R for heel trn, sd & fwd R) to SCP/DLW; [**Thru, Fc, CI**] Thru R, -, fwd L trng RF to fc ptr & wall, cl R to L;

**PART B (JIVE)****1 - 4****SD, TCH, RT CHASSE; CHG R TO L ~ CHG L TO R;;**

- 1,2,3a,4** 1 [**Sd Tch, Rt Chasse**] Sd L, tch R to L, sd R/Cl L to R, Sd R;
- 1,2,3a,4;1a,2,** 2 – 4 [**Chg Ples R to L**] Rk bk L to SCP, rec R, sd L trng ¼ LF/Cl R to L, Sd L (Rk bk R to SCP, rec L, sd & fwd R trng ¾ under joined ld hnds/Cl L, Sd R;); sd & fwd R/Cl L, Sd R,(sd & bk L/Cl R, Sd L,)
- 3,4;1a,2,3a,4** LOP/LOD, [**Chg Ples L to R**] Rk bk L, rec R; sd L trng ¼ RF/cl R to L, sd L (Rk bk R, rec L; fwd R trng ¾ LF under joined ld hnds/cl L to R, Sd R), Sd R/cl L to R, Sd R (sd L cont trn to fc ptr/cl R to L, sd L;) BFLY/Wall;

**5 - 8****CHG HNDS BEH BK 2X;;; RK, REC, SWIVEL 2 SCP;**

- 1,2,3a,4;1a,2,** 5-7 [**Chg Hnds Beh Bk**] Rk apt L, rec R, fwd L starting 1/4 LF trn & placing rt hnd over W's rt hnd/CL R, fwd L releasing Lft hnd & completing 1/4 LF trn to tand pos in front of W; sd & bk R starting 1/4 LF trn & placing Lft hnd beh M's bk/CL L transferring W's Rt hnd to M's Lft hnd beh his bk, sd & bk R completing 1/4 LF trn (Rk apt R, rec L, fwd R starting 1/4 RF trn/CL L, fwd R completing 1/4 RF trn to tand pos beh M; sd & bk L starting ¼ RF trn/CL R, sd & bk L completing 1/4 RF trn to fc ptr,) LOP,
- 3,4;1a,2,3a,4;** [**Chg Hnds Beh Bk**] Rk apt L, rec R; fwd L starting 1/4 LF trn & placing rt hnd over W's rt hnd/CL R, fwd L releasing Lft hnd & completing 1/4 LF trn to tand pos in front of W, sd & bk R starting 1/4 LF trn & placing Lft hnd beh M's bk/CL L transferring W's Rt hnd to M's Lft hnd beh his bk, sd & bk R completing 1/4 LF trn (Rk apt R, rec L; fwd R starting 1/4 RF trn/CL L, fwd R completing 1/4 RF trn to tand pos beh M, sd & bk L starting ¼ RF trn/CL R, sd & bk L completing 1/4 RF trn to fc ptr;) LOP;
- 1,2,3,4;** 8 [**Rk, Rec, Swivel 2**] Rk apt L, Rec R, fwd L w/swivel action, fwd R w/swivel action to SCP/LOD;

**9 - 11****2 FWD TRIPLES; SWIVEL 4; THROWAWAY TO HNDSHK;**

- 1a,2,3a,4** 9 – 10 [**Fwd Triples**] Fwd L/Cl R, Fwd L, Fwd R/cl L, Fwd R; [**Swivel 4**] W/Swvl Action Fwd L, Fwd R, Fwd L, Fwd R;
- 1,2,3,4** 11 [**Throwaway**] Sd L/cl R to L, sd L, sd R/cl L to R, sd R commence 1/4 LF trn on triples (pick up R/cl L, R, sd & bk L/cl R to L, sd L commence ½ trn on the triples;) to Hndshk//LOD;
- 1a,2,3a,4**

**12 – 16****CHG L TO R TO TANDEM ~ CATAPULT;;; CHG L TO R W/CONT CHASSE;;**

- 1,2,3a,4;1a,2,** 12-14 [**Chg Ples L to R to Tandem**] Rk bk L, rec R to handshake pos M fcg ptr & LOD, Sd L/R, L; sd R/L, R (Rk Bk R, rec L, trn LF under jnd R-R hnds fwd R/L, R; bk L/R,L,) end in Tandem W beh M,
- 3,4;1a,2,3a,4;** [**Catapult**] Fwd L, rec R; in place L/R, L, in place R/L, R (Rk bk R, rec L; fwd R commence RF trn/sd L continue RF trn, spin RF on R, in place L/R, L to fc ptr;) to LOP;
- 1,2,3a,4;** 15-16 [**Chg L to R w/Cont Chasse**] Rk bk L, rec R, sd L trng ¼ RF/cl R to L, sd L (Rk bk R, rec L, fwd R trng ¾ LF under joined ld hnds/cl L to R, Sd R); Sd R/Cl L, Sd R/Cl L, Sd R/Cl L, Sd R;
- 1a,2a,3a,4;**

**PART C (JIVE)****1 - 4****RT TRNG FALLAWAY W/GLIDE TO SD 2X;;;**

- 1,2,3a,4;** 1 – 2 [**Rt Trng Fallaway w/Glide to Side**] Rk bk L to scp, rec R to fc, commence ¼ RF trn sd L/cl R to L, complete trn sd L; Sd R, XLIF of R, sd R/cl L to R, sd R (Rk bk R to scp, rec L to fc, commence ¼ RF trn sd R/cl L to R, complete trn sd R; Sd L, XRIF of L, sd L/cl R to L, sd L;) to scp/RLOD;
- 1,2,3a,4;** 3 – 4 Repeat Meas 1 & 2, Part C;;

**5 - 8****FALLAWAY THROWAWAY ~ LINK RK SCP;;; RK, REC, WK, FC;**

- 1,2,3a,4;1a,2,** 5 – 7 [**Fallaway Throwaway**] Rk bk L, rec R, sd L/cl R to L, sd L; sd R/cl L to R, sd R commence 1/4 LF trn on triples (Rk bk R, rec L, pick up R/L, R; sd & bk L/cl R to L, sd L commence up to 1/2 trn on the triples,) to LOP/LOD, [**Link Rk**] Rk apt L, rec R; small triple fwd L/R, L, sd R/L, R to SCP;
- 3,4;1a,2,3a,4;** 8 [**Rk, Rec, Wk, Fc**] Rk bk L, rec R, fwd L, fwd R (Rk bk R, rec L, fwd R, fwd L trng LF) to CP/DLW;
- 1,2,3,4;**

**REPEAT****A****B****PART D (JIVE)****1 - 4****FALLAWAY THROWAWAY ~ RK, REC; CHICKEN WKS [2S, 4Q];;;;:**

1,2,3a,4;1a,2,

1 - 2 [Fallaway Throwaway] Rk bk L, rec R, sd L/cl R to L, sd L; sd R/cl L to R, sd R commence 1/4 LF trn on triples (Rk bk R, rec L, pick up R/L, R; sd & bk L/cl R to L, sd L commence up to 1/2 trn on the triples,) to LOP/LOD, rk bk L, rec R;

1,-,3,-;

3 - 4 [Chicken Wks] Bk L, -, bk R, - (w/swivel action fwd R, -, fwd L, -); Bk L, bk R, bk L, bk r (w/Swivel action fwd R, fwd L, fwd R, fwd L.);

1,2,3,4;

**5 - 8****2 TRIPLES TO SCP/LOD; RK, REC, SWIVEL 2; PT STPS 4;;:**

1,2,2,3a,4;

5 - 6 SIP L/cl R, L, SIP R/cl L, sd R trng RF to fc ptr in SCP (Fwd R/cl L, fwd R, trng LF sd L/cl R, sd L to SCP/LOD); Rk bk L, rec R, swivel fwd L, swivel fwd R;

1,2,3,4;

7 - 8 [Pt Stps] Pt fwd L w/outside edge of ft in contact w/floor, small fwd L looking LOD, Pt fwd R w/outside edge of ft in contact w/floor, small fwd R looking RLOD; Repeat Meas 7 Part D;

1,2,3,4;

1,2,3,4;

**9 - 12****SD, TCH, RT CHASSE; CHG R TO L ~ CHG L TO R;;:**

9 - 12 Repeat Meas 1 to 4 Part B;;;

**13 - 16****CHG HNDS BEH BK 2X;;; RK, REC, SWIVEL 2 SCP;**

13 - 16 Repeat Meas 5 to 8 Part B;;;

**END (JIVE)****1 - 4 1/2****THROWAWAY; SAILOR SHUFFLES 2X;;; CHG R TO L FC COH;;:**

1 - 3 [Throwaway] Sd L/cl R to L, sd L, sd R/cl L to R, sd R commence 1/4 LF trn on triples (pick up R/L, R, sd & bk L/cl R to L, sd L commence up to 1/2 trn on the triples;) to LOP/LOD; [Sailor Shuffles 2X] XLIB R/sd R, sd L, XRIB of L/sd L, sd R; XLIB R/sd R, sd L, XRIB of L/sd L, sd R;

4 - 4 1/2 Repeat Meas 2 Part B;;;

**5 1/2 - 9 1/2****SAILOR SHUFFLES 2X;;; SPANISH ARMS 2X;;:**

5 1/2 - 6 1/2 Repeat Meas 2 & 3 End;;;

7 1/2 - 9 1/2 [Spanish Arms] Rk bk L, rec R trng RF; sd L/cl R to L, sd L cont RF trn, sd R/cl L to R, sd R (Rk bk R, rec L trng 1/4 LF to wrap pos; sd R/cl L to R, sd R trng 3/4 RF unwrapping, sd L/cl R to L, sd L;) to end BFLY/Wall; Rk bk L, rec R trng RF; sd L/cl R to L, sd L cont RF trn, sd R/cl L to R, sd R (Rk bk R, rec L trng 1/4 LF to wrap pos; sd R/cl L to R, sd R trng 3/4 RF unwrapping, sd L/cl R to L, sd L;) to end BFLY/COH;

**10 - 12 1/2****CHG HNDS BEH BK FC WALL;;; QK RK APT,**

10 - 11 1/2 Repeat Meas 5 1/2 Pat B;;, Qk Rk Apt L,

Quick CuesBoom, Boom Goes My Heart

**Intro** CP/DLC Wait Whistle; Diamond Trn;;;  
Rev Trn;; Hover Tele; Feath;

**A** Whisk; Wing; Cl Tele; Op Nat;  
Outside Spin; Outside Ck; Outsd Chg Semi; Feather;  
Rev Wave;; Bk Feath; Feath Finish;  
Hover; Slow Sd Lk; Op Tele; Thru, Fc, Cl;

**B** Sd Tch, Rt Chasse; Chg R to L; Chg L To R;;  
Chg Beh Bk 2X;;; Rk, Rec, Swivel 2;  
2 Fwd Triples; Swivel 4; Throwaway Hndshk; Chg L to R to Tandem LOD;  
Catapult;; Chg L to R w/Cont Chasse;;

**C** Rt Trng Fallaway w/Glide to Sd 2X;;;  
Fallaway Throwaway;, Link Rk Semi;; Rk, Rec, Wk, Fc;

**A** Whisk; Wing; Cl Tele; Op Nat;  
Outside Spin; Outside Ck; Outsd Chg Semi; Feather;  
Rev Wave;; Bk Feath; Feath Finish;  
Hover; Slow Sd Lk; Op Tele; Thru, Fc, Cl;

**B** Sd Tch, Rt Chasse; Chg R to L; Chg L To R;;  
Chg Beh Bk 2X;;; Rk, Rec, Swivel 2;  
2 Fwd Triples; Swivel 4; Throwaway Hndshk; Chg L to R to Tandem LOD;  
Catapult;; Chg L to R w/Cont Chasse;;

**D** Fallaway Throwaway;, Rk, Rec, Chicken Wks (2S, 4Q);;;  
2 Triples Semi; Rk, Rec, Swivel 2; Pt Stps 4;;  
Sd Tch, Rt Chasse; Chg R to L; Chg L To R;;  
Chg Beh Bk 2X;;; Rk, Rec, Swivel 2;

**End** Throwaway; Sailor Shuffles 2X;; Chg R to L Fc COH;;  
Sailor Shuffles 2X;; Spanish Arms 2X;;;  
Chg Beh Bk Fc Wall;, Qk Rk Apt;