

ADAM ÅSTMAR

Boom Banga Banga

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Information: 32 Counts, 4 wall, Improver.
Choreographers: Adam Åstmar (SE) and Barbara Seelt (NL).
Music: "Buzzkill" by FO&O (2:53) ~ 167 bpm.
Intro: 16 Counts (approx. 6 seconds).

Section	Steps & Explanations
1	R Scuff. R Step. R Heel Swivel. L Lean Back. Hold. R Lean Forward. L Lean Back. R Lean Forward
1 – 2	(1) Scuff RF forward. (2) Step forward on RF.
3 – 4	(3) Swivel R heel to the right. (4) Swivel R heel back in place.
5 – 6	(5) Turn upper body slightly to the left diagonal and lean back on L. (6) Hold.
7 – 8 – 1	(7) Keep body to the diagonal and lean forward on R. (8) Lean back on L. (1) Lean forward on R. Option 1: Instead of leaning, use shoulders pushing, back, forward... and so on. Option 2 (Fits with chorus): Every time you lean, lower upper body slightly down.
2	L Hitch Forward. L Rock Forward. R Recover. L Back. 1 / 4 Hitch. R Big Side Step. L Drag
2 – 3	(2) Hitch L forward. (3) Rock forward on LF.
4 – 5	(4) Recover on RF. (5) Step back on LF.
6 – 7 – 8	(6) Turn 1 / 4 to the right while hitching R. (7) Take a big step to the right. (8) Drag LF to RF {3:00}
3	L Cross. R Side. L Behind. 1 / 4 R. L Forward. 1 / 4 Pivot Turn R. Heel bounce x2
1 – 2	(1) Cross LF over RF. (2) Step to the right on RF.
3 – 4	(3) Step LF behind RF. (4) Turn 1 / 4 to the right stepping forward on RF. {6:00}
5 – 6	(5) Step forward on LF. (6) Pivot turn 1 / 4 to the right ending with weight on both feet, shoulder width apart. {9:00}
7 – 8	(7, 8) Bounce heels twice.
4	R Stomp Diagonally Back. Hitch L & Swipe Hands. L Stomp Diagonally Back. Hitch R & Swipe Hands
1 – 2	(1) Stomp diagonally back on RF. (2) Hitch L and turn slightly to the left diagonal, swipe hands, right going down and left going up.
3 – 4	(3) Keep L hitched and swipe hands, right going up and left going down. (4) Stomp diagonally back on LF.
5 – 6	(5) Hitch R and turn slightly to the right diagonal, swipe hands, right going down and left going up. (6) Keep R hitched and swipe hands, right going up and left going down.
7 – 8	(7) Rock back on RF. (8) Recover on LF.
Notes	Tag 1 after wall 2: Repeat last 8 counts of the dance. Tag 2 after wall 10: R Rocking Chair.
1 – 2	(1) Rock forward on RF. (2) Recover on LF.
3 – 4	(3) Rock back on RF. (4) Recover on LF.

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.