



My Heart Goes Boom

Music: Charmed, CD: Eurovision Song Contest Stockholm 2000
 Choreo: Doris Stern, dstern2007@googlemail.com
 taught at Five-Star-Festival Hamburg 2001,
 taught at Ü45 2017

Level: Int.
Time: 3:00
BPM: 105

Sequence: **A B C D Break B C D E D Ending**
Wait 8 beats

Part A:

Arms On beat 1 bring your arms up, bring arms down in 7 beats
 and shake hands and fingers during this time

2 Simone Hard Step DT(b) H BR UP/H TCH(xif) H TCH(xif) H TCH(ots) H TCH(xif) H DS RS
L&R L R L L R L R L R L R L R L RL
 R L R R L R L R L R L R L R LR LR
 & 1 & 2 & 3 & 4 & 5 & 6 &7 &8

Part B:

Utah DS BR(xif) UP/H DS(xif) RS RS BR UP/H DS RS
 L R R L R LR LR L L R L RL
 &1 & 2 &3 &4 &5 & 6 &7 &8

Rock Outs DS R(ots) S R(xif) S(xib) R(ots) S **beat &2: arms down (ots)**
 R L R L R L R **beat &3: arms up**
 &1 & 2 & 3 & 4 **beat &4: arms down (ots)**

Fancy Double DS DS RS RS **turn 1/2 L on beat 1-2**
 L R LR LR
 &1 &2 &3 &4

Repeat Part B to face front again.

Part C:

Conveyor Steps SL S(xib) SL S(xib) SL S(xib) SL S(xib) **Snap fingers on each SL**
 R L L R R L L R
 & 1 & 2 & 3 & 4

Karate DS KK(**turn 1/2 L**) H DS KK UP/H
 L R L R L L R
 &1 & 2 &3 & 4

High Horse DS DT(xif) H DT(unx) H RS BA/H UP/SL DS DS RS
 L R L R L RL R L L R L R LR
 &1 & 2 & 3 &4 & 5 &6 &7 &8

Repeat Conveyor Steps, Karate turn, High Horse to face front again then add:

Scotty mod. & DS DT(xif) H DT(unx) H TCH BO Shake Shake Shake **p**
 Hip Shake L R L R L R bt R L R
 &1 & 2 & 3 & 4 5 & 6 7,8

 Sequence: **A B C D Break B C D E D Ending**

Part D:

Stamp & Basic STA **p** DS RS
 L L RL
 1 2 &3 &4

Joey DS BA(xib) BA(ots) BA(ots) BA(xib) BA(ots) S
 R L R L R L R
 &1 & 2 & 3 & 4

Cole Step **mod.** DS SL RS SL S SL
 L L RL L R R
 &1 & 2& 3 & 4

Fancy Double DS DS RS RS
 L R LR LR
 &1 &2 &3 &4

Repeat Part D as written.

Break:

Arms Raise arms in 4 beats, bring arms down in 4 beats while shaking hands and fingers like in Part A.

Part E:

3 Samantha DS DS(xif) DR S(ib) DR S(ib) RS DS DS RS **turn 3/4 R on**
 L R R L L R LR L R LR **beat &3 - &5**
 &1 &2 & 3 & 4 &5 &6 &7 &8

2 Basic Brush DS BR UP/H **turn 1/8 L on**
 L&R L R R L **each Basic Brush**
 R L L R
 &1 & 2

Hip Shake Shake Shake Shake **p** Shake Shake Shake **p**
 L R L R L R
 1 & 2 3,4 5 & 6 7,8

Ending:

2 Hard Step DT(b) H BR UP/H DS RS
 L&R L R L L R L RL
 R L R R L R LR
 & 1 & 2 &3 &4

Mountain Goat DS BA(xif) BA(xib) BA(ots) BA(xif) BA(xib)/H(if) UP/SL
 L R L R L R L L R
 &1 & 2 & 3 & 4

4 Stomp STO **beat 1: R fist to L shoulder**
 L&R L **beat 2: L fist to R shoulder**
 R **beat 3: L arm up**
 1 **beat 4: R arm up**
