

Mom, the Bomb!

Choreographer: Niels Poulsen (Denmark)

Co-choreographer: Alexis Strong (UK)

nielsbp@gmail.com - www.love-to-dance.dk

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Type of dance: 64 counts, 2 walls, line dance
 Level: High improver
 Music: **Mom** by Meghan Trainor feat. Kelli Trainor. Track length: 3.14 mins. Buy on iTunes, etc. ☺
 Intro: Start after 32 counts. Start with weight on L.
 2 restarts: 1st restart: On wall 2 (starts facing 6:00), after 32 counts, facing 12:00
 2nd restart: On wall 5 (starts facing 12:00), after 48 counts, facing 12:00
 NOTE: HUGE THANKS to Alexis for sending me this song ☺ ☺ ☺

| Counts | Footwork | End facing |
|--------------------|--|------------|
| 1 – 8 | R step slide, L back rock, L step slide, R sailor ¼ R fwd | |
| 1 – 4 | Step R a big step to R side (1), slide L towards R (2), rock L back (3), recover fwd to R (4) | 12:00 |
| 5 – 6 | Step L a big step to L side (5), slide R towards L (6) | 12:00 |
| 7&8 | Cross R behind L (7), turn ¼ R stepping L next to R (&), step fwd on R (8) | 3:00 |
| 9 – 16 | Fwd L, side point R, fwd R, side point L, L jazz box, cross | |
| 1 – 4 | Step fwd on L (1), point R to R side (2), step fwd on R (3), point L to L side (4) | 3:00 |
| 5 – 8 | Cross L over R (5), step back on R (6), step L to L side (7), cross R over L (8) | 3:00 |
| 17 – 24 | L step slide, R back rock, R step slide, behind side cross | |
| 1 – 4 | Step L a big step to L side (1), slide R towards L (2), rock back on R (3), recover fwd to L (4) | 3:00 |
| 5 – 6 | Step R a big step to R side (5), slide L towards R (6) | 3:00 |
| 7&8 | Cross L behind R (7), step R a small step to R side (&), cross L over R (8) | 3:00 |
| 25 – 32 | Monterey ¼ R, R side rock, R back rock | |
| 1 – 4 | Point R to R side (1), turn ¼ R stepping R next to L (2), point L to L side (3), step L next to R (4) | 6:00 |
| 5 – 8 | Rock R to R side (5), recover onto L (6), rock back on R (7), recover fwd to L (8)... * Restart here on wall 2, facing 12:00 | 6:00 |
| 33 – 40 | R&L side points, R&L heel switches, R rocking chair | |
| 1&2& | Point R to R side (1), step R next to L (&), point L to L side (2), step L next to R (&) | 6:00 |
| 3&4& | Touch R heel fwd (3), step R next to L (&), touch L heel fwd (4), step L next to R (&) | 6:00 |
| 5 – 8 | Rock R fwd (5), recover back on L (6), rock back on R (7), recover fwd onto L (8) | 6:00 |
| 41 – 48 | ¼ L into step touch, ¼ L fwd, sweep R, R jazz box, fwd L | |
| 1 – 4 | Turn ¼ L stepping R to R side (1), touch L next to R (2), turn ¼ L stepping L fwd (3), sweep R fwd (4) | 12:00 |
| 5 – 8 | Cross R over L (5), step back on L (6), step R to R side (7), step fwd on L (8)... * Restart here on wall 5, facing 12:00 | 12:00 |
| 49 – 56 | R&L heel switches, R shuffle fwd, L rocking chair | |
| 1&2& | Touch R heel fwd (1), step R next to L (&), touch L heel fwd (2), step L next to R (&) | 12:00 |
| 3&4 | Step R fwd (3), step L behind R (&), step R fwd (4) | 12:00 |
| 5 – 8 | Rock L fwd (5), recover back on R (6), rock back on L (7), recover fwd onto R (8) | 12:00 |
| 57 – 64 | ¼ R into step touch, ¼ R fwd, sweep L, L jazz box, touch R together | |
| 1 – 4 | Turn ¼ R stepping L to L side (1), touch R next to L (2), turn ¼ R stepping R fwd (3), sweep L fwd (4) | 6:00 |
| 5 – 8 | Cross L over R (5), step back on R (6), step L to L side (7), touch R next to L (8) | 6:00 |
| START AGAIN | | |
| Ending | Complete wall 7 (starts facing 6:00) and step R a big step to R side to hit the last beat in the music. You automatically end facing 12:00 ... ☺ | 12:00 |