



# Mom, the Bomb!

**Count:** 64      **Wall:** 2      **Level:** High Improver  
**Choreographer:** Niels Poulsen (Dk) and Alexis Strong (UK) May 2016  
**Music:** Mom by Meghan Trainor feat. Kelli Trainor. 3.14 mins. 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.

### [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)... 6:00

**\* Restart here on wall 2, facing 12:00**

### [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)... 12:00

**\* Restart here on wall 5, facing 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 ...

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