

SEX BOMB (Peppermint Disco Edit)

Level: Intermediate
Artist: TOM JONES (Feat. Mousse T)
Choreo: Neville Flegg
Speed: Normal **Length:** 3.18 min
Order: A B C A* B C* D E C F
Wait: 16 beats

Quick Cues

Part A (32 beats)

4 2 Step Touch
4 Rocking Chair (1/4 L)
24 REPEAT 3 MORE TIMES

Part B (64 beats)

8 Wrap
4 Stomp Basic Slur (1/4 L)
4 2 Basic
4 Rhythm Flip (1/2 R)
4 Creeper (Fwd)
8 Extended Heels (1/4 R)
32 REPEAT

Part C (32 beats)

8 Bomb
4 Macnamara
4 Hop Cross Pivot Clap (1/2 L)
16 REPEAT

Part A * (16 beats)

4 2 Step Touch
4 Rocking Chair (1/2 L)
8 REPEAT

Part B (64 beats)

8 Wrap
4 Stomp Basic Slur (1/4 L)
4 2 Basic
4 Rhythm Flip (1/2 R)
4 Creeper (Fwd)
8 Extended Heels (1/4 R)
32 REPEAT

Quick Cues

Part C * (64 beats)

8 Bomb
4 Macnamara
4 Hop Cross Pivot Clap (1/4 L)
48 REPEAT 3 MORE TIMES

Part D (32 beats)

24 3 Stomp Snake Run (1/4 L)
4 Rocking Chair (1/4 L)
4 Double Basic & Clap

Part E (32 beats)

8 2 Flange Switch
4 Karate (1/2 L)
4 Stomp Basic Kick
16 REPEAT

Part C (32 beats)

8 Bomb
4 Macnamara
4 Hop Cross Pivot Clap (1/2 L)
16 REPEAT

Part F (12 beats)

8 Bomb
4 Macnamara



Restamped 19th Jan 2020 to
current ACA Terminology.

Step Definitions - Sex Bomb

STEP TOUCH: (In this dance clap up on 1st TCH, 2nd TCH clap down)

(P) S(OTS) (P) TCH(BS)
L R
& 1 & 2

DOUBLE BASIC & CLAP:

DS DS [R S] (JMP BK) (P) CLAP
L R L R
&1 &2 & 3 & 4

WRAP:

[(P) STO(OTS) BR SL TCHH(XIF) S TT(BK) SL TCHH(OTS) S SLR-S] (MOVE L)
L R L R R L R L L R R
& 1 & 2 & 3 & 4 & 5 & 6
[R(BS) S(OTS) (P) TT(XIB)] (MOVE R)
L R L
& 7 & 8

STOMP BASIC SLUR: (In this dance 1/4 L on STO)

(P) STO DS RS (FWD) SLR(REV) LIFT/SL
L R LR L L /R
& 1 &2 &3 & 4

RHYTHM FLIP:

DS BR(XIF) H BR(X) H PVT(1/2 R) S
L R L R L L R
&1 & 2 & 3 & 4

BOMB:

RS(OTS) (P) TT(XIB) (P) S(F) (P) STA(BS & CLAP) (P) K(F) (P) K(OTS) (P) S(XIB) R(OTS) S(XIF)
LR L L R R R R L R
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

CREEPER:

DS [H-FL S(BK) H-FL S(BK) H-FL S(BK)] (DIAG R)
L R R L R R L R R L
&1 & a 2 & a 3 & a 4

KARATE:

DS-PVT(1/2 L)/K H (P) S K H
L L /R L R L R
&1 & 2 & 3 & 4

EXTENDED HEELS: (In this dance R foot lead)

H(WGT F) H(WGT F) BA(BK) BA(BK) H(WGT F) H(WGT F) BA(BK)
R L R L R L R
& 1 & 2 & 3 &
BA(BK) H(WGT F) H(WGT F) BA(BK) BA(BK) DS(1/4 L) RS
L R L R L R LR
4 & 5 & 6 &7 &8

STOMP BASIC KICK:

(P) STO DS RS K/DR-SL
L R LR L/R R
& 1 &2 &3 & 4

MACNAMARA:

BA(OTS) BA(XIB) BA(OTS) TCHH(OTS) BA(OTS) BA(XIB) BA(OTS) TCHH
L R L R R L R L
& 1 & 2 & 3 & 4

ROCKING CHAIR:

DS BR H DS RS
L R L R LR
&1 & 2 &3 &4

HOP CROSS PIVOT CLAP: (In this dance PVT 1/4 or 1/2 L)

(P) [HOP/HOP] (APART) (P) HOP(XIB)/HOP(XIF) PVT(1/2 L) (P) CLAP
L/R L /R
& 1 & 2 &3 & 4

STOMP SNAKE RUN: (In this dance 1/4 L on beat &7)

(P) STO(OTS) H(WGT XIF TW) S(OTS) R(BK) S(OTS) H(WGT XIF TW) S(OTS) R(BK)
L R L R L R L R
& 1 & 2 & 3 & 4 &
S(OTS) H(WGT XIF TW) S(OTS) DS RS
L R L R LR
5 & 6 &7 &8

FLANGE SWITCH:

DT-S/TCHH(OTS) (P) TT(XIB)/S (P) S/TCHH(OTS) TCHH(OTS)/S LIFT/SL
L L/ R L /R L/ R L /R L /R
&a 1 & 2 & 3 & 4

BASIC:

DS RS
L RL
&1 &2