

BOUNCE BOOGIE - Couples & Solo

Music: Boogie 4/4
Hold: Kilian

Tempo: 100 BPM
Pattern: Set

Step 1 LFO (2 beats) is a stroke on the outside edge which is skated in the direction of the long side barrier, followed by **Step 2 Run RFI** (1 beat) and **Step 3 LFO** (1 beat).

Step 4 OpS RFI/O Sw (2+2 beats) begins with a parallel open stroke, followed by a change of edge to outside as the free leg swings forward on the 3rd beat. This step travels in the direction of the long axis. The COE occurs on a sub-baseline that runs parallel to the long side barrier.

Step 5 XF LFI (2 beats) is a cross in front on the inside edge with feet close together.

Step 6 RFO (2 beats) is a stroke that intersects the short axis on the 2nd beat, followed by **Step 7 Run LFI** (1 beat) and **Step 8 RFO** (1 beat).

Step 9 OpS LFI/O Sw (2+2 beats) begins with a parallel open stroke, followed by a change of edge to outside as the free leg swings forward on the 3rd beat. This step travels in the direction of the long side barrier. The COE occurs on a sub-baseline that runs parallel to the long side barrier.

Step 10 XF RFI (2 beats) is a cross in front on the inside edge with feet close together.

Step 11 LFO (1 beat) is a stroke and **Step 12 Ch RFI** (1 beat) is a chasse on the inside edge.

Step 13 LFO (1 beat), **Step 14 Run RFI** (1 beat) and **Step 15 LFO** (2 beats) are a sequence of runs which aim towards the apex of curvature along the short side barrier.

Step 16 XB RFI (2 beats) is a cross behind on the inside edge which intersects the long axis on the 2nd beat and **Step 17 XB LFO** (2 beats) is an additional cross behind on the outside edge, executed with feet close together. The last step, **Step 18 XB RFI** (2 beats) travels in the direction of the long side barrier. Each cross behind must finish with simultaneous extension of the free leg in front of the body. There should be a definite rise and fall movement on each of these steps causing a “bounce” effect.

REFERENCE STEPS:

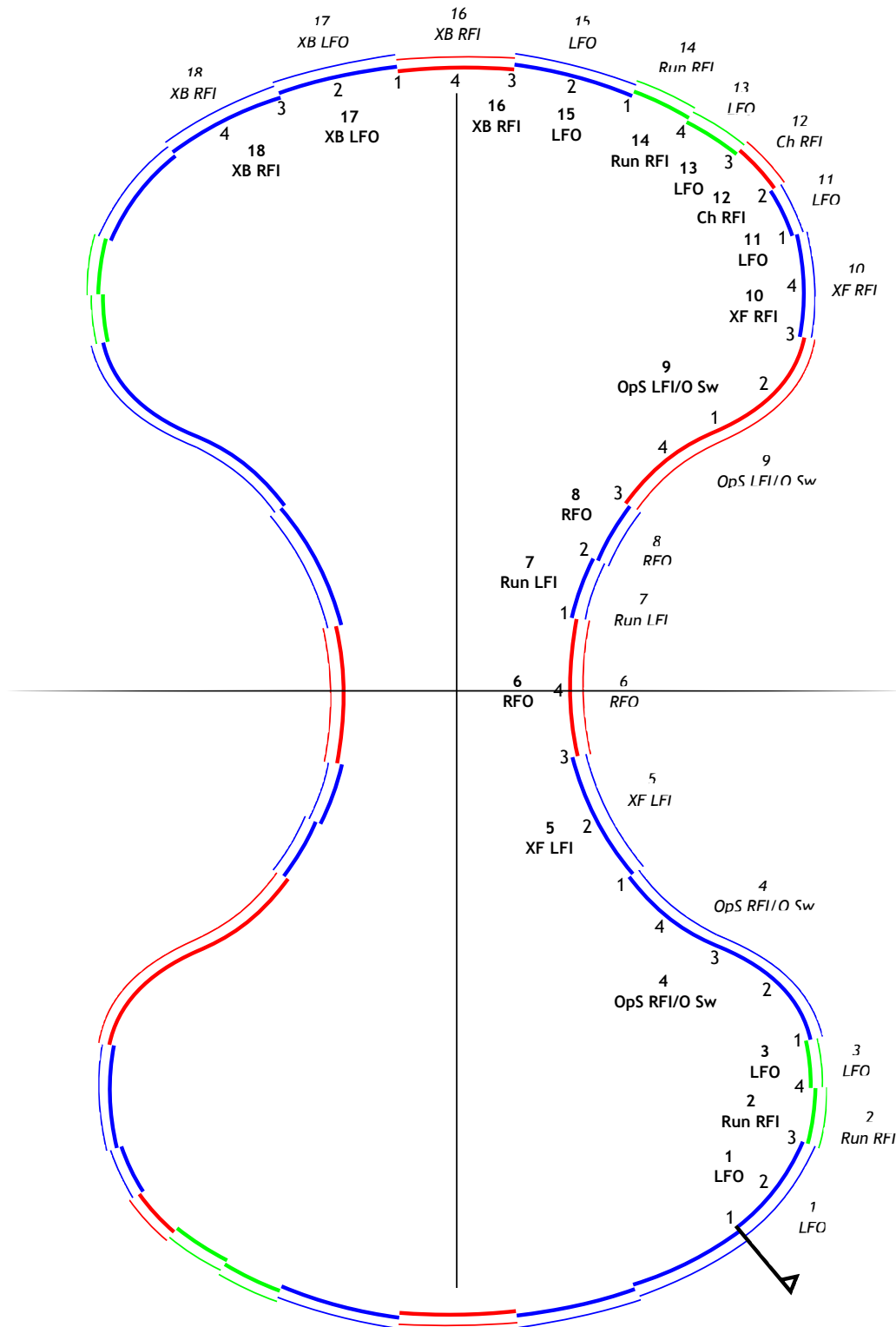
- **Step 6** must start before the short axis and must finish after it (1 beat before, 1 beat after).
- **Step 16** must start before the long axis and must finish after it (1 beat before, 1 beat after).

Key Points - Bounce Boogie Couples & Solo

1. **Step 6 RFO** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the stroke on the required outside edge without any deviation.
 - For couples: Correct Kilian position of the couple without any separations.
2. **Step 9 OpS LFI/O Sw** (2+2 beats):
 - Correct technical execution of the parallel open stroke with feet close together.
 - Correct timing of the swing forward on the 3rd beat with a simultaneous COE to outside.
 - No deviation from the outside edge after the COE.
 - For couples: Correct Kilian position of the couple without any separations.
3. **Step 12 Ch RFI** (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the chasse on the inside edge with a clear lift from the floor.
 - For couples: Correct Kilian position of the couple without any separations.
4. **Step 16 XB RFI** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the cross behind with feet close together.
 - No deviation from the outside edge in advance.
 - For couples: Correct Kilian position of the couple without any separations.

HOLD	STEP	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
Kilian	1	LFO	2	LFO
	2	Run RFI	1	Run RFI
	3	LFO	1	LFO
	4	OpS RFI/O Sw	2 + 2	OpS RFI/O Sw
	5	XF LFI	2	XF LFI
	6	RFO	2	RFO
	7	Run LFI	1	Run LFI
	8	RFO	1	RFO
	9	OpS LFI/O Sw	2 + 2	OpS LFI/O Sw
	10	XF RFI	2	XF RFI
	11	LFO	1	LFO
	12	Ch RFI	1	Ch RFI
	13	LFO	1	LFO
	14	Run RFI	1	Run RFI
	15	LFO	2	LFO
	16	XB RFI	2	XB RFI
	17	XB LFO	2	XB LFO
	18	XB RFI	2	XB RFI

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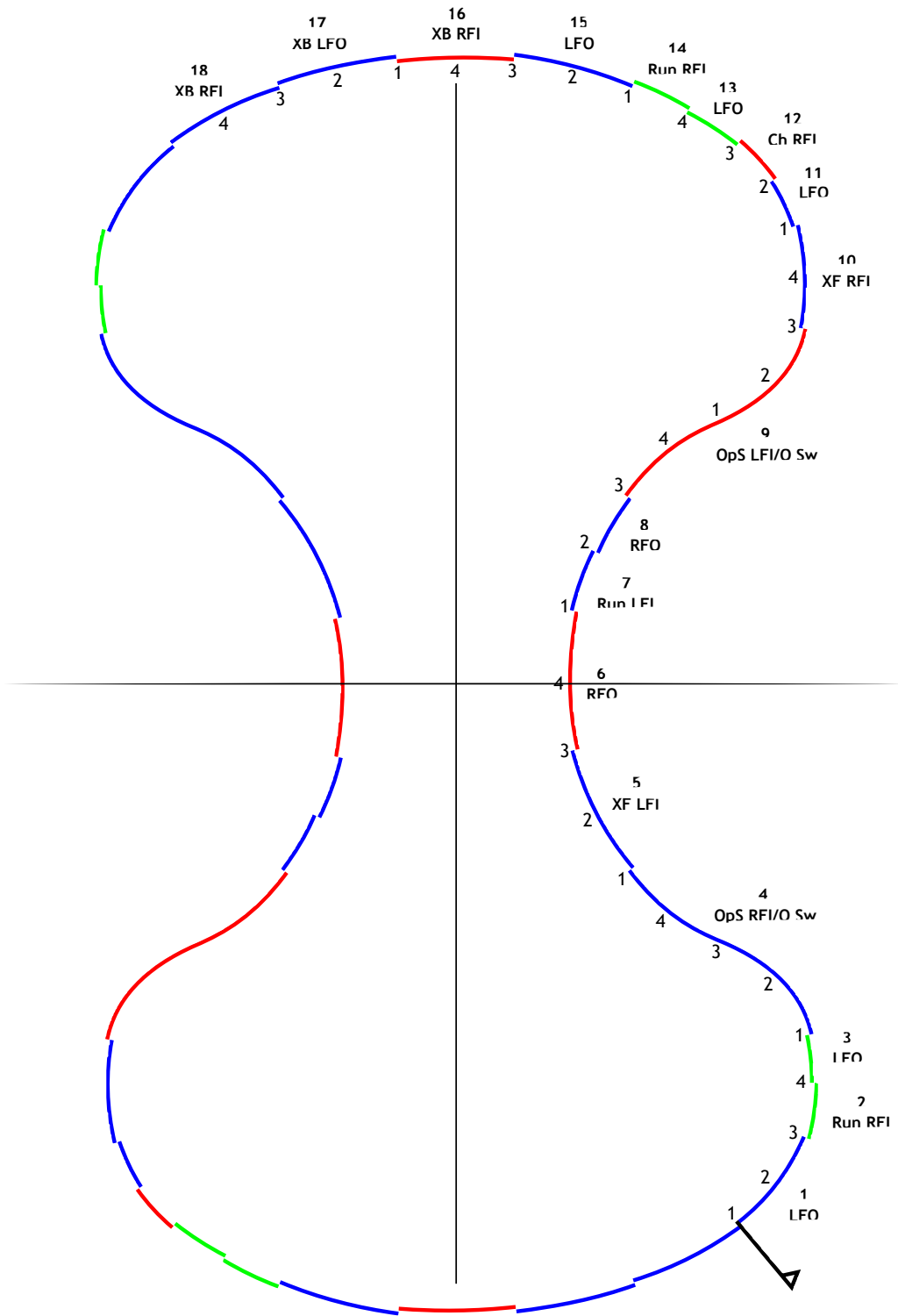


COLOUR KEY: Levels of Difficulty

- MAJOR: Most Important
- MEDIUM: Very Important
- MINOR: Important

— Woman
 — Man

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