



BOOGIE WOOGIE

Regulation

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1. Abstract

The Regulation for Boogie Woogie has been developed with the aim to improve and adapt judging criteria's following the evolution and changes of the dance. Valuable inputs from various stakeholders have been taken into consideration.

It also supports the judges in all aspects to do an efficient, fair and correct judgment with full transparency.

Continuous seminars and training sessions will be held for judges, coaches and dancers with the aim to secure the right skills an acceptance of this Regulation.

The areas that have been revised are:

- Tournament Regulations
- Judgment Criteria
- Scoring the Dance

Appendix documents

- Music Theory
- Anatomy
- Judging Seminar
- Judging sheets
- Classifications of rounds

2. Tournament Regulations

In all items, not regulated separately in the following, the appropriate conditions stipulated by the WRRC especially in the Tournament Rules shall be applicable.

2.1. Tournament definition

Category	Age	Round	Music speed	Music duration	Max numbers of couples	Competition
Juniors	13-17	From 1 st round and up to 2 nd round of qualification	48-52	1:15	3	All
		Starting ¼ final		1:30	2	
		Final			1	
Main Class Fast	Min 16	From 1 st round and up to 2 nd round of qualification	50-52	1:15	3	All
		Starting ¼ final		1:30	2	
		Final			1	
Main Class Slow	Min 16	1 st round	27-30	1:15	3	All
		Final		1:30	1	
Seniors Fast	35+40	From 1 st round and up to 2 nd round of qualification	46-48	1:15	3	All
		Starting ¼ final		1:30	2	
		Final			1	
Seniors Slow	35+40	Final	27-30	1:30	1	All
Formations	Min 16	All rounds	Free	2:45-3:00	4-6	All

Notes 1: Formation

- Rehearsal time for formation: 3:45 min

Notes 2: Age

- The age of a competitor, for the purpose of determining their age category for competition, is calculated as the year of birth subtracted from the year of competition.
- Age = (Year of competition) - (Year of birth)
- Seniors: One partner must turn at least 35 years old in the year of the competition and the counterpart must become at least 40 years old in the year of the competition
- A couple is not allowed to compete in more than one age group.
- Multiple changes of age groups are not allowed.

2.2. Figures for Juniors

Regardless if the dancer is doing it on its own or together below directives is applied:

- Rotations of more than 180° around the body's lateral or sagittal axis are not allowed.
- Only figures are allowed that one partner can perform alone or if there is permanent contact between the ground and at least one foot.

2.3. Boogie Woogie Formations

Please Refer to the NJS for Formations

3. Judgment Criteria

The judgment criteria support the judges to do an efficient, fair and correct judgment. Furthermore it also gives full transparency.

To make this effective the judgment criteria are divided in:

- Dance technique
- Dance figures
- Music Interpretation

The maximum number of points will be 65.

To emphasize the complexity of dancing Boogie Woogie, dance technique, dance figures and music interpretation are weighted as shown on the next table.

These 3 main criteria have been breakdown into 4 sub-criteria that will be judged and each of it has been weighted as described in the following table.

We would like to emphasize that Dance Technique influence in the other criteria (Please refer to the following sections and to the judging guidelines document).

Note: The dancers have to be evaluated individually and as a couple.

Criteria		Point Max 65
Dance Technique	Boogie Woogie Basics Woman / Man (Rhythm & Foot Technique)	15Points
	Lead and Follow, Basic Dancing Harmony Dance Performance	10Points
Dance Figures	Advanced Basic Dance Figures Highlight Dance Figures	10 Points
Music Interpretation	Interpretation with Highlights and Advanced Basic Spontaneous Interpretation	30 Points

The whole scoring system is clearly defined in [Chapter 4](#)

3.1. Dance technique

Dance technique is the underlying basic factor and the way to achieve dance excellence.

It's about making it easy to execute the:

- Boogie Woogie Basics
- Basic Dancing
- Lead & Follow
- Harmony
- Dance Performance

Dance Technique has been divided in 2 sub-criteria each of it rewarded as follow:

- Basic step – 15 points
- Basic Dancing, Lead and Follow, Harmony and Dance Performance – 10 points

3.1.1 Boogie Woogie Basics

The Basics of Boogie Woogie dance should represent the shuffle rhythm.

Boogie Woogie Basics (Rhythm and Foot Technique) sub-criteria will be judged all together and rewarded by a maximum of 15 points.

3.1.1.1. Boogie Woogie Basics

- The leader and follower use the same rhythm of steps but on opposite (mirrored) feet—if the leader steps on his left foot, the follower will be stepping on her right foot (and vice versa).
- At any moment the dancer's weight is on only one of **their** **his** feet. The other foot, without any weight on it, is moving to take the next step. As the dancer takes this next step, **their** weight transfers from one foot to another and the process continues with the next step. It is important that the dancers take these steps with their knees slightly bent and their weight forward on the balls of their feet, so that they can react and move quickly.
- The leader starts with his weight on his right foot; the follower starts with her weight on her left foot.
- To synchronize the structure of the Boogie Woogie Dance with the music the changes of weight from foot to foot **has** to line up with the shuffle rhythm of the music.
- Both dancers perform an even number of steps (step-step) on the first two beats of a six-beat phrase. (a1a2). E.g. The leader momentarily steps on his left foot and then immediately returns his weight to his right foot on the following beat of the music. Dancing kick ball change is alternatively also possible.
- Both dancers perform an odd number of steps (triple step) on the second two beats of a six-beat phrase. (a3&4)
- Both dancers perform an odd number of steps (triple step) on the last two beats of a six-beat phrase. (a5&6)

3.1.1.2. *Rhythm Fast*

- 6 count step: "a - 1 - a - 2 - a - 3 - & - 4 - a - 5 - & - 6"
- Bounce only on every "a"
- Dancing within the rhythm with every step (syncopated triple steps)
- The time the foot hits the floor and remains on should represent the beat in the music
- The basic steps must be performed on the beat
- Accentuation on the "2, 4 and 6"
- Variation of steps are possible if they are within the rhythm

Note:

The term syncopated triple steps is often used by dancers, trainers and judges, but from a musician's view it is not correct. The real meaning is to emphasize the beat on two and to dance in a shuffle rhythm. Please refer to the appendix music theory.

3.1.1.3. *Rhythm Slow*

- 6 count step: "a - 1 - a - 2 - a - 3 - & - 4 - a - 5 - & - 6"
- Delay before the "2" "4" and "6"
- The time the foot hits the floor and remains on should represent the beat in the music
- The basic steps must be performed on the beat
- Smooth bounce which fits the music by rolling the foot
- Dancing within the rhythm with every step (syncopated triple steps)
- Variation of steps are possible if they are within the rhythm

3.1.1.4. *Foot technique*

- Basic footwork must be performed in a dynamic way
- Bending the knees is necessary for obtaining a good bouncing
- Harmony with the partner on the basic steps (rhythm, touching the floor at the same time, rolling and kicking the same way, lifting the knees equally)
- Keeping dynamic of the basic footwork through the whole round with the same energy
- "Traveling" on the floor is essential and should be executed by following the lines and adapted to the natural basic variations
- The footwork should be adapted to the style of the music

3.1.2. **Basic Dancing, Lead & Follow and Harmony, Dance Performance**

3.1.2.1. *Basic Dancing*

Basic dancing happens when dancers are calibrating their own body movements in balance.

Center

All movements have to start from the center. (the center of gravity must be in a vertical line above the toe position).

Body

The upper part of the body has to remain steady and isolated by the natural movement of the hips.

Arm

Arm movement should support and be seen as an extension of the body movement and must always be controlled

Head

The head has to follow the natural direction of the shoulders, must be kept up and most of the time only in two directions (eye contact with the partner or the audience)

Weight transfer

Shifting of a dancer's weight from one foot to another

Lines

The basic dancing has to be on the line also when the travelling technique is used

3.1.2.2. Lead & Follow

Lead and **follow** are designations for dancers performing a couple dance. The male is traditionally the leader and the female is the follower. The leader is responsible for guiding the couple and initiating transitions to different dance steps and for choosing appropriate dance steps to suit the music. The leader communicates his choices and direction to the follower through clear physical and visual signals, thereby allowing the couple to be smoothly coordinated. The position of the leader is essential to maintain the right distance and to be able to give a clear direction to the follower.

The leader and the follower have to be visible as one unity without losing their individuality.

The leader has to communicate the direction of the way the follower moves.

Ways of leading

Body Lead

A body lead means when the leader initiates a lead by moving his body, which moves his arm(s), and thus transmits a lead to the follower. 'Body lead' means much the same as 'weight transfer' from the leader. It is important that the leader is positioning correctly towards the follower.

Arm Lead

An arm lead means when the leader moves his arm(s) without moving his body, or moves his body in a different direction to his arm. It is important that the leader is positioning correctly towards the follower.

Visual Lead

Visual lead means when the leader uses eye contact or body position which the follower can only see, but not feel.

Methods for lead and follow

Basic connection

Way for the dancer to communicate and to be synchronized.

Furthermore, to be continuously connected and keep the basic contact point all the time without shaking arms.

The shoulder of the leader and the follower must be aligned within the giving frame by the using the right muscles. Please refer to the document Boogie Woogie Regulation – Anatomy.

The shoulder from the leader and the follower should maintain the natural position all the time

Tension

A type of connection which uses force in a direction away from and in direction to the partner securing a good tension in the arms with no additional muscle work

Counterbalance

Both partners putting an equal amount of bodyweight (giving more weight to the partner than you actually could hold yourself)

Frame

The frame provides connection between the dance partners, making leading and following possible.

A frame is a stable structural combination of both bodies maintained through the dancers' arms and/or legs, and allows the leader to transmit body movement to the follower, and for the follower to suggest ideas to the leader.

Connection occurs in both open and closed dance positions

Follower

The follower has to pay attention with all of the senses and needs to follow all the signals from the leader. The follower shall be recognized by an initiated start and stop. The follower is expected to not initiate any move until the leader gives an indication.

Hijacking

Is when the follower steals the lead and the roles will be reversed for some time. It's an exception and can only be used as a variation in Lead & Follow

3.1.2.3. Harmony

Completeness if the couple is in harmony with each other

The ability of the couple to work as a team: one person should not be "out dancing" the other obviously

Harmony in body positions, arms, heads, same movement, "Nice picture", etc...

3.1.2.4. Dance Performance

Dance Performance describes the ability of a couple to attract and maintain the attention to the audience.

Both dancers should equally contribute to achieve a balanced couple dance performance excellence without losing their individuality.

- Showmanship
- Facial and body expression
- Charisma
- Joy of dancing
- Easy execution, relaxed, smooth
- Self confidence
- Playing characters
- Attitude
- Freshness

3.2. Dance figure (How do they present)

Dance figures should contain basic, advanced and highlight figures with:

- Up to the 2nd round of qualification
- A minimum of 3 different dance figures (highlight and advanced dance figures)
- Starting from 1/4 final
- A minimum of 4 different dance figures (highlight and advanced dance figures)

Note: If a couple is doing a combination of an advanced dance figure and a highlight, then it will be judged as one highlight.

Dance Figures criteria will be judged and rewarded as follow:

- Basic figures will be judged as part of lead and follow (Dance Technique)
- Advanced Basic Dance Figures and Highlight Dance Figures will be judged together as one criteria and rewarded with a maximum of 10 points.

A balanced repertoire of figures is mandatory.

For a high score of the dance figures all the following must be considered:

- Execution of the figures
 - Balance
 - Accuracy
- Synchronicity during a figure between the couple and the movement can be clearly recognized when a dance figure starts, and when it finishes
 - Harmony
- Level of complexity in the figure (Difficulty)
 - Different rotations with multiple simultaneous exchange of the dance pose
 - Movements based on flexibility
 - Movements demanding high level of coordination and isolation
- Variety in term of different styles (advanced basic figures and highlights figures) as well as within each category
- Originality and esthetic in the figures

3.2.1. Basic figures

All figures done with basic triple steps (6 count steps) with clear lead and follow.

Figures which do represent only one element and do not exceed the length of six beats.

Basic figures will be judged in Lead and Follow, Basic Dancing and Harmony (Dance Technique).

A variation of different basic figures is recommended.

Some examples of basic figures:

- Change place (six count pass)
- In and out of arms (sending in and out)
- Basic spin
- Sugar push
- Etc...

Exceptions: Swing out is considered as a basic however it is preferable not to be used too often in order to maintain the characteristics of the Boogie Woogie dance

3.2.2. Advanced Basic and Highlight Dance Figures

Advanced Basic Figures

Figures that contains a combination of some of the following elements:

- Movements
- Syncopations
- Basic figures

and executed with advanced lead and follow.

These figures can be executed with different steps.

Highlight Dance figures

An especially significant or interesting figure with a specific originality that keeps the attention to the dance.

It is not just a combination or variation of basic figures. It is developed over one, two, three or four eights, it is characterized by its creativity and appears as a surprise.

Some examples:

- Lift
- Dip
- Circle variation
- Side by side (open figures with or without contact)
 - Slow: maximum 1 side by side 4X8
 - Fast: Maximum of 2 side by side, one 4X8 and one 2X8
- Acrobatic will be judged as a dance figure, maximum 2
- Others, from other dances that influence swing dance e.g. Tango Argentin, ballroom, salsa, break dance, Hip-Hop, Jazz Etc....
- Humour
- Extreme physic (split)
- Figures with different speed and power (e.g. slow motion, time lapse)

Side by Side

A side by side figure is considered as a highlight when the following criteria is met:

- Dancing a pre choreographed part
- Dancing mainly shoulder to shoulder with or without contact
- For at least more than one 8.

Note: If an acrobatic figure is performed during the side by side then a side by side and an acrobatic will be counted by the observer

Acrobatic

A figure is considered as an acrobatic figure when one of the following is met:

- Rotations of more than 180° done in the air in the transversal axis whatever the figure is done alone or in couple.
- Figure done in couple where the follower is lifted or projected in the air by the leader with or without contact and when the follower hips are above leader head height.

Note:

- Leader and follower can be either the boy or the girl
- Figures with a rotation of more than 180° are not considered as an acrobatic only if there is permanent contact between the ground and/or at least one foot.

3.3. Music Interpretation (What do they present)

Interpretation of the music is fundamental for Boogie Woogie and it should be perceived as **spontaneous** and ends with the music.

Interpretation with highlights and advanced dance figures and Spontaneous Interpretation will be judged together and rewarded with a maximum of 30 points.

Interpretation of music means fitting the dance with all its complexity to the music being played. It's about the dancer's ability to receive, comprehend, be sensitive to, and have a working knowledge of musical concepts. Dancers have to actively anticipate the music (rhythms, phrases, breaks, bridges, etc....) while executing the dance. Interpretation of music can be shown with steps, body moves and figures.

What to interpret in the music

- Intro in the music
Note: dancers must interpret the mood and spirit of the intro to the music
- Rhythm and rhythm variations
Note: rhythm variations should be shown in the footwork, body work etc.
- Structures: Swing, Blues, R'N'R
Note: figures must be placed according to the structure of the music
- Chorus, Phrases
Note: Dancers must move on the one in the music according to the phrases and chorus.
- Breaks and bridges
Note: can be interpretation with poses, moves, dancing a figure, dancing over, marking with arms, leg, head etc.

- Character of Music
Note: dancers must interpret the theme, mood and spirit of the music
- Lyrics
Note: Being able to detect the message in the lyrics. Singing and/or imitating the same is preferable to be limited.
- Instruments
Note: Showing the instrument with footwork, moves etc or simulating playing the actual instrument
- Call & response
Note: is a technique where one of the dancer acts and a second dancer answers with a direct reaction. This can be done with footwork, body work, moves etc.
- Variation in intensity and energy
Note: This can be done by changing the footwork, using more/less arms, head, body work, changing the expression etc.
- Music effects
Note: to show the small effects in the music with footwork, body work, moves etc.
- Etc....

For more details please refer to the document Boogie Woogie Regulation – Music Theory.

3.3.1. Interpretation with Highlight and Advanced Basic Dance Figures

- The couple should select highlight figures and or advanced dance figures that fit the music
- Ability to connect with the music, interpret and phrase it in a way that is unique and interesting
- Capability to import others dance styles and techniques
- Counting 8s, phrases, and choruses
- Adapt dance figures spontaneously to the various music elements
- It is important that an acrobatic figure must be placed in with music

3.3.2. Spontaneous interpretation

- Expressing different types of music contents with body moves
- Step variations have to fit the music
- Arms, shoulders and head improvisation
- Capability to import other dance styles and techniques
- During the interpretation of the music it's essential that the dancers maintain smooth transition between movements
- Ability to recognize and select particular instruments that are played
- Creating your own variations to music

4. Scoring the Dance

Calculation system

The maximum numbers of points in main class will be 65 (for slow and for fast together).

The maximum number of points in junior class and senior class (slow and fast) will be 50 points.

The judge will provide values on a scale (judging sheet) for the 4 judged criteria's.

These values will be converted into points in accordance with the percentage associated to each criterion.

Please refer to the [judgment criteria](#) section.

In all rounds points accounted from all judges will follow the same algorithm as Rock'n Roll.

If a round contains both slow and fast, then results from both divisions will be added.

The total number of points will determine the place of the couple.

The total number of points of the fast round will be awarded by 10 %.

Appendix

Please refer to the following documents for additional information.

- Boogie Woogie Regulation – Music Theory.pdf
- Boogie Woogie Regulation – Anatomy.pdf
- Boogie Woogie Guidelines for judges - 2019