



Boyfriend

Choreographer: Nina Breum

~Official GOLD competition dance 2024 - 2025~

Type of dance: 32 Count, 2 Walls, Showdance - Wheelchair
 Level: Starter
 Music: "Boyfriend" by Lou Bega
 Intro: 16 counts from first beat in music (app. 10 seconds into track)

*There is an option for power wheelchairs and one for manual wheelchair

Counts	Movement descriptions	End facing
1 – 8	ROLL FORWARD, ROLL BACKWARDS	
1 – 4	Roll forward	12:00
5 – 8	Roll backwards	12:00
9 – 16	1/8 R TURN FORWARD, OPTIONAL UPPER BODY MOVEMENTS	
1 – 4	1/8 right turn and roll forward	01:30
5 – 8	Optional upper body movements, it can be your shoulders, hands, or head	01:30
17 – 24	1/8 L TURN + 1/2 L TURN	
1 – 2	Start turning 1/8 left	01:30
3 – 4	Keep turning	
5 – 6	Start turning 1/2 left	
7 – 8	Finish turning	06:00
	*POWER WHEELCHAIR:	
25 – 32	1/1 L TURN, OPTIONAL ARM MOVEMENTS WHILE TURNING	
1 – 2	Start turning 1/1 left	06:00
3 – 4	Keep turning	
5 – 6	Keep turning	
7 – 8	Finish turning 1/1 left	06:00
	*MANUEL WHEELCHAIR	
25 – 32	SHAKE HANDS: DOWN RIGHT, DOWN LEFT, TOP RIGHT, TOP LEFT	
1 – 2	Shake your hands down to the right	06:00
3 – 4	Shake your hands down to the left	06:00
5 – 6	Shake your hands up to the right	06:00
7 – 8	Shake your hands up to the left	06:00