



Dance (Traditional)

To perform a series of rhythmic and patterned bodily movements usually performed to music to reflect the life of the people of a certain region or country.

Requirements:

1. The solo performance must not exceed five (5) minutes. Contestants not adhering to the maximum time requirement are subject to point deduction and/or disqualification.
2. Costumes are optional, but should be appropriate to the choreography performed.
3. The theme and the dance form (African, Cuban, Afro-Latin, etc.) of the performance must be identified to the judges prior to the presentation.

Contestants Will Be Judged By The Following Criteria:

- Technical Proficiency/Skill (25 pts)
 1. Alignment
 2. Strength
 3. Endurance
 4. flexibility
 5. coordination
- Clarity and Consistency in Style (25 pts)
- Phrasing/Dynamics/Musicality (25 pts)
- Clarity of Intent/Interpretation of Choreography (25 pts)