

DANCE: CONTEMPORARY

Description:

Showcase your dance prowess in this solo competition! Perform a series of rhythmic and technical patterned bodily movements, usually performed to music.

Requirements:

1. Time Limit: Your solo performance must not exceed 5 minutes. Exceeding this limit may result in point deductions or disqualification.
2. Costume: Costumes are optional but should be appropriate to your choreography.
3. Theme and Dance Form: Clearly identify the theme and dance form of your performance (e.g., Broadway/Musical Theater, Hip-Hop, Jazz, Lyrical, Tap, Afrobeats, Soca, Dancehall, Liturgical, Majorette) to the judges before your performance.
4. Performance Guidelines: Avoid aerobic exercises, miming, cheerleading, and drill team routines.

Judging Criteria

Criteria	Weighting
Technical Proficiency/Skill	25%
Clarity and Consistency in Style	25%
Phrasing/Dynamics/Musicality	25%
Clarity of Intent/Interpretation of Choreography	25%

Technical Proficiency/Skill:

- Alignment
- Strength
- Endurance
- Flexibility
- Coordination

Tips for Contestants:

- Practice, Practice, Practice: The more you practice, the more confident you'll be.
- Choose a Strong Song: Select a song that complements your dance style and inspires your performance.
- Tell a Story: Use your body to convey a story or emotion through your dance.
- Master the Fundamentals: Focus on strong technique and clean lines.
- Perform with Passion: Let your enthusiasm shine through your performance.
- Connect with the Music: Feel the rhythm and let it guide your movements.
- Stage Presence: Command the stage with confidence and charisma.
- Dress to Impress: Choose a costume that enhances your performance and reflects your style.
- Warm-up Before Your Performance: Prepare your body for the physical demands of dancing.
- Have Fun! Enjoy the experience and let your love for dance shine.