

DANCE – MODERN

Description

Modern dance is a style of dance that focuses on the dancer's interpretation of music and emotion through movement. It often involves unconventional movements, improvisation, and expressive gestures.

Requirements

1. Time Limit: Your solo performance must not exceed 5 minutes. Exceeding this time limit may result in point deductions or disqualification.
2. Costumes: Costumes are optional, but they should be appropriate to the theme and style of your choreography.
3. Theme: Clearly identify the theme of your performance to the judges prior to your presentation. This will help the judges understand your artistic intent.
4. Technique: Your performance must be rooted in one or more of the following modern dance techniques: Dunham, Graham, Horton, Humphrey, Limon, or other recognized modern dance techniques.

Judging Criteria

| Criteria | Weight | Description |
|----------------------------------|--------|--|
| Technical Proficiency/Skill | 25% | Alignment, strength, endurance, flexibility, and coordination. |
| Clarity and Consistency in Style | 25% | The clarity and consistency of your chosen modern dance style. |

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| Phrasing/Dynamics/Musicality | 25% | The quality of your phrasing, dynamic range, and musical interpretation. |
| Clarity of Intent/Interpretation of Choreography | 25% | The clarity of your artistic intent and your ability to convey emotion through movement. |

Tips for Contestants

- Choose a strong theme: A strong theme will help guide your choreography and performance.
- Master the technique: Practice your chosen technique regularly to ensure that your movements are precise and expressive.
- Connect with the music: The music should inspire your movement and enhance your performance.
- Express yourself: Let your emotions shine through your movement.
- Practice, practice, practice: The more you practice, the better your performance will be.
- Perform with confidence: Believe in yourself and your choreography.
- Enjoy the process: Dance is a form of self-expression, so have fun!

By following these tips and focusing on the judging criteria, you can create a powerful and memorable performance!