

DANCE: TRADITIONAL

Description

Showcase your passion for dance and cultural heritage by performing a solo dance that tells a story. Your performance should reflect the rich traditions and vibrant rhythms of a specific region or country.

Requirements

- Time Limit: Your solo performance must not exceed 5 minutes. Exceeding this limit may result in point deductions or disqualification.
- Costume: Costumes are optional but should be appropriate to the theme and style of your dance.
- Theme and Form: Clearly state the theme, dance style, and form of your performance before you begin.
 - Forms: Examples of dance forms include (but are not limited to): African, West African, Central African, Step, Afro-Haitian, Afro-Cuban, Soca, Dancehall, Cuban, Afro-Latin, and more.

Judging Criteria

Criteria	Weight	Description
Technical Proficiency/Skill	25%	Demonstrates strong technique, including alignment, strength, endurance, flexibility, and coordination.
Clarity and Consistency in Style	25%	Clearly conveys the chosen dance style and maintains consistency throughout the performance.

Phrasing/Dynamics/Musicality	25%	Effectively uses phrasing, dynamics, and musicality to enhance the storytelling and emotional impact of the performance.
Clarity of Intent/Interpretation of Choreography	25%	Clearly communicates the intended message or story through the choreography.

Tips for Contestants

- Choose a theme that resonates with you: Select a theme that you are passionate about and that allows you to express yourself creatively.
- Master the technique: Practice your chosen dance style regularly to refine your technique and build your confidence.
- Tell a story: Use your body movements and facial expressions to convey a clear and compelling narrative.
- Connect with the music: Feel the rhythm and let the music guide your movements.
- Practice, practice, practice: Rehearse your performance multiple times to ensure a smooth and polished presentation.
- Project your energy: Perform with passion and enthusiasm to captivate your audience.
- Have fun: Enjoy the process and the opportunity to share your talent with others.