

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

Technical Proficiency/Skill

- Alignment
- Strength
- Endurance
- Flexibility
- Coordination

Clarity and Consistency in Style

- Adherence to the chosen style
- Clear and consistent execution of movements
- Appropriate use of body language and facial expressions

- Effective communication of the intended message or story
- Artistic expression and individuality
- Engagement with the audience

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.

Scoring

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

Phrasing/Dynamics/Musicality:

- Sensitivity to the music
- Variations in movement quality and intensity
- Clear phasing and articulation of steps

Clarity of Intent/Interpretation of Choreography: