

CHARACTER

APPEARANCE

Neatness

- Grooming
- Appropriateness
- No holes/Runs/Etc.
- Clean lines
- Visual effects with costume design
- Costume compliments character/theme

Hair

- Effective style with character/theme
- No distraction during movement
- Hairpieces, if worn, are effective

Accessories

- Effective style/use with character/theme

Make up

- Enhances natural beauty of dancers
- Compliments character/theme of dance
- Enhances showmanship (not distracting)

Uniformity

- Costumes similar or compliment each other
- Costumes/accessories create a unified effect
- Promotes an image of ONE on the floor (not distracting w/ too much going on)

SHOWMANSHIP

Esprit de Corps

- Feeling of pride in belonging to team
- Team has a feeling of unity & enthusiasm
- Team is portraying same emotion/energy

Eye Contact

- Dancers have the confidence to connect with judges and audience
- Connection continues with focus changes – contact with audience

Confidence

- Stage presence
- Poise –Mental mistakes minimal w/ quick recoveries
- Body projection – use of upper body not just heads & chins

Overall Entertainment Value

Style

- Compliments music selection
- Personality
- Audience Appeal – Aesthetic quality

Posture

- Body alignment
- Carriage

Authenticity/Emotion

- Facial expressions believable – Do they add or detract
- Commitment to character/theme
- Stay in character throughout routine regardless of position on floor
- Sustained throughout routine
- Is emotion appropriate for dancers in this venue?
- Overall characterization/theme is effective, genuine & sincere

CHARACTER

CHOREOGRAPHY

Creativity

- Originality of character/theme choice
- Inspirational
- Attention to character/theme
- Inventive movement relative to character/theme
- Fresh/Brilliant

Continuity

- Connection between sections of choreography
- Fluidity
- Unchanging quality throughout routine (CHARACTER)
- Seamless transitions

Musical Interpretation

- Does music compliment the character/theme
- Choreography flows and compliments the music/phrasing
- Interesting beats/accents with choreography create dynamics

Variety

- Too predictable?
- Originality/Innovative
- Unison vs. Groups/Ripples/Canons
- Phrasing/Tempo variations/Rhythms
- Change of pace
- Dynamics/Energy
- Turns, Leaps, Battements, etc.
- Good use of dancers' abilities

Visual Effects

- Creates an interesting image on floor by manipulating floor space, timing, shapes, angles, levels, focus, costumes, etc.
- Moments of, "AWE" or "WOW" because of image on floor, not by technique/skill
- Change of pace
- Dynamics—variety of movement qualities

Use of Theme

- Has character/theme been fully explored?
- Is it clear this is a character routine?—NOT PROP

Transitions

- Movements between formations or sections of routine
- Fluid/seamless change between phrases or characters
- Variety/creative
- Good use of floor patterns within the transitions
- Should not interfere with continuity of routine—logical pathways for dancers
- Continue with character/theme of routine (CHARACTER)

Staging

- Floor patterns
- Level changes/Floorwork
- Formations
- Use of area/Dimensions
- Directional changes
- Spatial Manipulation

CHARACTER

DIFFICULTY

Ambidexterity

- Ability to use each side of the body equally well
- Skills/Technique performed on left & right sides
- General skillfulness—challenging movement/skills
- Account for # of dancers showing ambidexterity
- Be aware of, although travelling two directions, if some dancers are facing back they are still working same side—not ambidextrous

Rhythms

- Intricate tempo variations
- Dynamics
- Syncopation
- Unusual meters/Time signatures ie. Triplets, fives, sevens, etc

Technical Skills

- Are the skills basic or are they being performed in a different way to add difficulty?
- Be aware of preps and finishing—basic or different
- Besides skills & tricks be aware of difficulty in style, quality, etc.

Flexibility

- Suppleness, Liteness, Fluidity, Extension
- Variety of positions/skills that show flexibility
- Watch technique —no cheating

Intricacy & Maneuvering of Formations

- Floor patterns create interesting shapes
- Does the formation create more difficulty in precision?
- Interesting pathways and transitions between formations
- Transitions are visually effective and logical
- Dancers follow an organized pathway in transition
- Use of area
- Incorporate a variety of choreography for transitions (Don't just run for every trans.)

Portrayal of Theme

- How abstract or concrete is the character/theme?
- Meaning of character/theme is clearly brought out in choreography
- Dancers truly personify character/theme in execution

Endurance

- Energy
- Strength & completion of movement throughout routine
- Body control throughout routine
- Difficulty distributed throughout routine
- Pace of performance
- Athletic demands of routine

CHARACTER

EXECUTION

Body Control

- Core Strength
- Balance
- Motion placement
- Alignment/Placement
- Individual precision

Dynamics

- Variety in movement qualities performed throughout
- Are the dynamics choreographed clearly performed by all dancers?
- Did the dancers clearly portray the character/theme?

Unison/Timing

- Individual musicality—correct timing of steps
- Completion of movement
- Phrasing/Rhythm
- Working together as a team
- Completion of movement

Spacing

- Formation alignment
- Even distribution of negative & positive space in formations
- Spacing on floor/use of area
- Dancer spacial awareness during transitions—move as a team
- Awareness of levels and directions

Precision

- Team alignment of head, torso, arms, legs, etc.
- Absence of mental mistakes
- Synchronization
- Clear formations and floor patterns

Technique

- Head & neck alignment
- Shoulders down
- Sternum lifted
- Ribs closed
- Abs/core pulled in
- Hip & pelvis align/turn out
- Thighs pulled up
- Leg & ankle extension
- Foot extension—Sickle vs. Beveled?
- Arm & wrist extension
- Hands
- Any areas holding tension?
- Correct weight distribution

Handling of Props (if applicable)

- Alignment
- Control
- Dexterity
- Finesse

DANCE



APPEARANCE

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Accessories

- Effective style/use with choreography

Make up

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Uniformity

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CHOREOGRAPHY

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- Inventive movement
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- Connection between sections of choreography
- Fluidity
- Unchanging **quality** throughout routine (DANCE)
- Seamless transitions

Musical Interpretation

- Choreography flows and compliments the music/phrasing
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- Music translates well into the choreography

Variety

- Too predictable?
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- Continue with style of routine (DANCE)

Staging

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DANCE

DIFFICULTY

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DANCE

EXECUTION

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- Motion placement
- Alignment/Placement
- Individual precision

Unison/Timing

- Individual musicality—correct timing of steps
- Completion of movement
- Phrasing/Rhythm
- Working together as a team
- Completion of movement

Dynamics

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- Effective style/use with choreography

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- Compliments style of dance
- Enhances showmanship (not distracting)

Uniformity

- Costumes similar or compliment each other
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SHOWMANSHIP

Esprit de Corps

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Eye Contact

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Confidence

- Stage presence
- Poise – Mental mistakes minimal w/ quick recoveries
- Body projection – use of upper body not just heads & chins

Style

- Compliments music selection
- Personality
- Audience Appeal – Aesthetic quality

Posture

- Body alignment
- Carriage

Authenticity/Emotion

- Facial expressions believable – Do they add or detract
- Commitment to story/emotion – Are dancers “Selling it?”
- Stay in character throughout routine regardless of position on floor
- Sustained throughout routine
- Is emotion appropriate for dancers in this venue?
- Overall performance is genuine & sincere

KICK

CHOREOGRAPHY

Emphasis on Kicks

- **Majority** of routine is kicking
- Should be able to walk into gym at any time during the routine, and know it is the kick category w/in 8 cts or so
- Jumping kicks
 - Degagé, waist, eye, over the head
- Fan kicks & inverted fans
- Step kicks/walking kicks
- Three point kicks
- Around the world/Star kicks
- Hitch kicks
- Developpé kicks
- Waist spacing kicks
- Types of kicks not limited to those listed above
- Other choreography open to any style as long as it follows NFHS safety rules

Continuity

- Connection between sections of choreography
- Fluidity
- Unchanging **quality** throughout routine (KICK)
- Seamless transitions

Musical Interpretation

- Choreography flows and compliments music/Phrasing
- Interesting beats/accents with choreography create dynamics
- Music translates well into the choreography

Variety

- Creativity or too predictable?
- Originality/Innovative
- Types of kicks
- Unison v. Groups/Ripples/Canons
- Phrasing/Tempo variations/Rhythms
- Change of pace
- Dynamics/Energy
- Good use of dancers' abilities
- Are there too many over used or frequently seen movements?

Visual Effects

- Creates an interesting image on floor by manipulating floor space, timing, shapes, levels, focus, etc.
- Moments of, "AWE" or "WOW" because of image on floor, not by technique/skill
- Dynamics—variety of movement qualities

Transitions

- Movements between formations or sections of routine
- Fluid/seamless change between phrases
- Variety/creative
- Good use of floor patterns within the transitions
- Should not interfere with continuity of routine—logical pathways for dancers
- Continue with style of routine (KICK)

Staging

- Floorpatterns
- Level changes/Floorwork
- Formations
- Use of area/Dimensions
- Directional changes
- Spacial Manipulation

KICK

DIFFICULTY

Ambidexterity

- Ability to use each side of the body equally well
- Skills/Technique performed on left & right sides
- General skillfulness—challenging movement/skills
- Account for # of dancers showing ambidexterity
- Be aware of although travelling two directions, if some dancers are facing back they are still working same side—not ambidextrous

Rhythms

- Intricate tempo variations
- Dynamics
- Syncopation
- Unusual meters/Time signatures ie. Triplets, fives, sevens, etc

Flexibility

- Suppleness, Liteness, Fluidity, Extension
- Variety of positions/skills that show flexibility
- Watch technique —no cheating
- Fan kicks most adv. kick
- Proximity of dancers makes high kicks more difficult

Intricacy & Maneuvering of Formations

- Floor patterns create interesting shapes
- Interesting pathways and transitions between formations
- Transitions are visually effective and logical
- Dancers follow an organized pathway in transition
- Use of area /Dimensions
- Directional use
- Some formations make precision for team more difficult
- Does team continue to kick during transitions?

Endurance

- Energy
- Strength & completion of movement throughout routine
- Body control throughout routine
- Difficulty distributed throughout routine
- Pace of performance
- Athletic demands of routine

KICK

EXECUTION

Body Control

- Core Strength
- Balance
- Motion placement
- Posture esp. during kicks
- Alignment/Placement
- Individual precision

Unison/Timing

- Individual musicality—correct timing of steps
- Completion of movement
- Phrasing/Rhythm
- Prep jumps together
- Working together as a team
- Completion of movement

Dynamics

- Variety in movement qualities performed
- Are the dynamics choreographed clearly performed by all dancers?

Spacing

- Formation alignment
- Even distribution of negative & positive space in formations
- Spacing on floor/use of area
- Dancer spacial awareness during transitions—move as a team
- Awareness of levels and direction

Precision

- Team alignment of head, torso, arms, legs, etc.
- Head & focus clearly defined
- Hook ups & slaps tight
- Absence of mental mistakes
- Uniformity of kick heights
- Arrive at the height/"peek" of kick together
- Synchronization
- Clear formations & floor patterns
- Articulate, precise footwork

Kick Technique

- Head remains in line w/spine
- Chin up—not out
- Shoulders down & back—no bending or hunching during kicks
- Chest lifted/ribs closed
- Tight abs—belly button to spine
- Hips square to the front/Pelvis parallel to the floor
- Feet closed on prep for kick
- Foot extended as soon as it leaves floor T-D-B
- Ankle extended
- Leg should follow center line of body towards nose—NOT shoulder
- Supporting leg w/ only SLIGHT bend
- Supporting foot parallel or SLIGHT turn out
- Heels down esp. on walking kicks & jump preps
- Leg pushed by hamstrings, pulled by quads—NOT thrown
- Held by glutes& abs/hip flexors
- Leg lowered—NOT dropped
- Elbows straight & strong—NOT locked
- Flingers & thumbs together; placed on top of shoulder areas—NO grabbing
- Illusion of hook up—NO leaning or pushing down
- Strong, tight hookups & slaps to begin & end kick sequences
- Different philosophies "left over right" or "right over left", either is OK

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MILITARY

CHOREOGRAPHY

Military Focus

- Pinwheels
- Block formations
- Ranks & Files
- Pivots/Flanks
- Military transitions
- Emphasis on PRECISION
- Variety of Kicks, Ripples, Marching techniques/Footwork
- No dance steps should be used—No jazz hands, head rolls, body rolls, hip movements, jazz runs, pyramids, arch backs, jumps/leaps, tumbling, turns
- If lifts are incorporated it is recommended that they be kept to a MINIMUM! (Don't waste 16-32,48,64, etc counts on ineffective lifts when you could be doing interesting military choreography)
- If any of the above are used it should NOT detract from the military precision focus
- Emphasis is on sharp clean movements

Continuity

- Connection between sections of choreography
- Fluidity
- Unchanging **quality** throughout routine (MILITARY)
- Seamless transitions

Musical Interpretation

- Choreography flows and compliments the music/Phrasing
- Interesting beats/accents with choreography create dynamics
- Music translates well into the choreography

Variety

- Creativity or too predictable?
- Originality/Innovative
- Unison v. Groups/Ripples/Canons
- Phrasing/Tempo variations/Rhythms
- Change of pace
- Dynamics/Energy
- Marching styles/Use of lower body
- Head, Arm, Hand, Torso, Leg, Foot movements
- Good use of dancers' abilities

Visual Effects

- Creates an interesting image on floor by manipulating floor space, timing, shapes, angles, levels, focus, etc. (formations)
- Moments of, "AWE" or "WOW" because of image on floor, not by technique/skill
- Dynamics—variety of movement qualities

Transitions

- Movements between formations or sections of routine
- Fluid/seamless change between phrases
- Variety/creative
- Good use of floor patterns within the transitions
- Should not interfere with continuity of routine—logical pathways for dancers
- Continue with style of routine (MILITARY)

Staging

- Floorpatterns/Groups/Blocks
- Level changes/Floorwork
- Formations
- Use of area/Dimensions
- Directional changes
- Spatial Manipulation

MILITARY

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Intricacy & Maneuvering of Formations

- Floor patterns create interesting shapes
- Interesting pathways and transitions between formations
- Transitions are visually effective and logical
- Dancers follow an organized pathway in transition
- Use of area/Dimensions
- Incorporate variety of marching techniques/pivots/flanks
- Some formations make precision for team more difficult

Endurance

- Energy
- Strength& completion of movement throughout routine
- Body control throughout routine
- Difficulty distributed throughout routine
- Pace of performance
- Athletic demands of routine

MILITARY

EXECUTION

Body Control

- Core Strength
- Balance
- Motion placement
- Watch hyperextension in joints & back
- Alignment/Placement
- Individual precision

Unison/Timing

- Individual musicality—correct timing of steps
- Completion of movement
- Phrasing/Rhythm
- Working together as a team
- Completion of movement

Dynamics

- Variety in movement qualities performed
- Are the dynamics choreographed clearly performed by all dancers?
- Movements tight, sharp & bound
- Slow & sustained

Spacing

- Formation alignment
- Straight ranks and files
- Even distribution of negative & positive space in formations
- Spacing on floor/use of area
- Dancer spatial awareness during transitions—move as a team
- Awareness of levels and directions

Precision

- Team alignment of head, torso, arms, legs, etc.
- Absence of mental mistakes
- Uniformity of kick heights
- Synchronization
- Clear formations and floor patterns
- Articulate, precise footwork
- Strong, intense clear angles

Military Technique

- Movements should have a “bound” feel—energy comes from the core not peripheral extremities/joints
- Tight core including hips & shoulders
- Strong controlled head flips—Don’t rebound
- Most movement coming from parallel rather than turn out from hips
- Precise footwork in marching styles
- Clean precise closures on pivots/flanks/halts
- Passe' marches have foot to knee
- Clean lines through wrists and hands
- Tights fingers at all times when using blades
- Strong tight fists
- Strong controlled slaps & arm movements –Don’t rebound
- Flat splits, sitting up tall, knees extended and feet stretched through arch
- Consider kick technique (see kick definitions sheet)