



# Fitness and Dance

## WHAT YOU SHOULD DO TO PREPARE FOR THE COMPETITION

### RULES AND GUIDELINES

- ★ Enter on time to avoid missing out
- ★ Arrive at the competition with plenty of time to prepare yourself and hand in your music
- ★ Go to FAD Dance Camp for helpful hints on how to choreograph your routine
- ★ Attend your FAD dance classes 8 week prior to the competition to ensure you are dance ready!

### MUSIC SELECTION

- ★ Make sure you keep to the time limit on the entry form
- ★ Music should be appropriate to your age and ability level, music must not be explicit or offensive
- ★ Make sure your song choice isn't too fast
- ★ Keep in time with the music
- ★ Always have a second copy of your music

### YOUR COSTUME

- ★ Prepare your costume carefully
- ★ Choose a costume that links to the theme or character of your song choice
- ★ Modesty is the best policy – ensure nothing is revealed that shouldn't be
- ★ Choose colours that are vibrant & colourful. Sequins & fringing add pizzazz
- ★ Wear your shoes and costume several times in practice to ensure it won't distract you and remains in tact

### THE CHOREOGRAPHY

- ★ Create excitement, energy, enthusiasm and entertain your audience
- ★ Avoid repetition in your routine
- ★ Use dynamic movements, use different levels (Stand, Kneel, Floor work), use Height (leaps and Jumps)
- ★ Use different travelling directions
- ★ Use the stage space

### TECHNIQUE

- ★ Give the best performance you can
- ★ Demonstrate your precision and strength in each movement you perform

### YOUR ROUTINE

- ★ Your appearance should be neat and tidy
- ★ Showmanship is important so remain focused and give genuine smiles while your performing
- ★ Memorise your routine! You should know it from start to finish.
- ★ Practice it in front of different people.
- ★ You will be performing on a wooden floor so try and have a practice on a wooden surface



**Fitness and Dance Studio**

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## WHAT DO THE JUDGES LOOK FOR?

### TECHNIQUE

- ★ The ability to perform each movement with the **correct technique**
- ★ The ability to perform each move with **control** regardless of the speed
- ★ The ability to maintain your **energy level** throughout the routine with correct technique

### FLEXIBILITY

- ★ The ability to maintain **correct body alignment**
- ★ The ability to use **full extension** of your limbs without ballistic force to lift or lower your limb
- ★ The ability to have **flexibility** on the Right and Left side and throughout your body
- ★ The ability to have a **good range of motion** in major joints

### FORM

- ★ The correct **execution of all movements**
- ★ Emphasis on correct **hand and foot placement**
- ★ Correct **body posture** and alignment while performing
- ★ All movements are correctly and **safely executed**

### SHOWMANSHIP

- ★ The ability to present a dynamic and exciting performance filled with **physical and facial energy**
- ★ The ability to maintain **focus** throughout the routine
- ★ The ability to show appropriate and varied **facial expressions** throughout the routine

### APPEARANCE

- ★ Your **costume is appropriate** and suits your theme and remains intact throughout your routine
- ★ You are **well groomed** ie no distracting jewellery, clothing or hair

### SYNCHRONIZATION

- ★ The ability to **move in sync with the music** and each other if in a group
- ★ The ability to have **unity of technique, style, accent and rhythm**.
- ★ The ability to use the stage **space** throughout your performance

### CREATIVITY

- ★ The use of **dynamic and creative** music and moves
- ★ The **fluidity** of the routine ie: The use of transitions and levels and space
- ★ **Unpredictable movement** sequencing ie: not repetitive

### ORIGINALITY

- ★ The ability to use **original movements** and sequences in your routine
- ★ The ability to use original music, style and appearance

### MUSICALITY

- ★ The ability to highlight in your choreography the accents, highs and lows of the music
- ★ The ability to perform using a **variety of rhythms** with no loss of dance flow
- ★ The ability to maintain **timing** throughout the routine
- ★ The ability to emphasise the **accents and pauses** in your music through your choreography



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