

AAU DANCE (Solo and Team)

Place___



Code: √(Checked) = Very Good ₀(Encircled) =Unsatisfactory or Needs More	<u>Ju</u> 0-55 55-60 60-65 65-70 CHAL/NOV CH/NOV/BEG BEG BEG/INT	dge's Scale 70-75 75-80 80-85 85-90 90-100 INT INT/ADV ADV ADV/ELITE ELITE							
DANCE CONTENT	Variety & Difficulty of DanceCommunication of ThemeComplexity of movementsImpression of CharacterAmbidexterityAppropriatenessCreativityVariety of Combinations								
TECHNIQUE CONTENT	Variety & Difficulty Turns, Leaps, Kicks, Footwork, Use of Arms, Extensions, Leaps, Complex Movements Flexibility Rhythm Strength Timing Alignment								
CHOREOGRAPHY/ PRODUCTION		outine ransitions							
TECHNIQUE & QUALITY OF PERFORMANCE	Potentially Dangerous TEAM: Transitions Perfection Spacing Transitions Group Execution/Synchronization Dance Technique Visual Effect Body Placement Body Control/Strength of Movement Skills/Technique Extensions, Proper Turnout, Complete Releves, Passes, Leaps, Turns, Complex Movements Controlled Balance Controlled connections of moves								
SHOWMANSHIP & APPEARANCE	Salesmanship Professionalism Enthusiasm Confidence Eye Contact Finesse/Charisma	Grooming Hair Costume Clean Shoes Clean Attitude Smile							

Time	PENALTIES	.1	.2	.3	.4	.5	.6	.7	.8	.9	1.0	Total	SCORE	
Solo: 1:30 – 2:30	Unison													
	PENALTIES	.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	Total		
Team: 1:30 – 3:00	Fall												LESS PENALTIES	
	Off Beat/Phasing													
	Grounding Poms													
Production Team: 6:00-8:00	PENALTIES	2.0	4.0	6.0									FINAL SCORE	
	Exceeding Gymnastics								Ot	her P	enalti	es		
	Overtime Under time	.1 Per	Sec.						TOTAL PENALTIES					
Time:														