

# DANCE: CULTURAL

(FKA: DANCE TRADITIONAL)

## Description

Perform rhythmic and patterned body movements to music that reflects the culture or life of the people from a certain tribe, region, or nation.

## Overview

Showcase your passion and perform a solo dance that tells a powerful story, reflecting the rich traditions and vibrant rhythms of a specific tribe, region or nation. Your performance should showcase a local cultural dance—one that is often passed down through generations and deeply connected to a community's history, customs, and environment. Step into the rhythm of your roots and bring your passion to the stage!

## 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.

## Necessary equipment:

1. 1 Sound System w/2 Speakers that is electricity based, not battery powered
2. Laptop w/charger or Phone w/Charger
  - a. [Dongle Adapter](#) for Macbooks
3. Aux Adaptor for playback from phones
  - a. USB C to 3.5 mm Aux Jack (most modern devices)
  - b. Lightning to 3.5 Aux Jack (older apple devices)
4. Aux cable
5. Outlet Surge Protector

## 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.
Point Deduction	-1 to -5	In the event the student performance exceeds 5 mins one point will be deducted for every minute over up to five points.
<b>Total</b>	<b>100</b>	

## Notes for Judges

- Each contestant will have 5 minutes to present their performance and then the judging co-hort will have 5 minutes for any follow up questions and quick deliberations before the next contestant. Each contestant will only have an allocated time frame of 10 minutes.
- You should not under any circumstances engage with the students before or after the competition until the Awards Ceremony has concluded.
- You must provide honest constructive feedback for each contestant that you are judging.
- Scoring Rubric:
  - 95 to 100 - Qualifies as a Gold Medalist
  - 90 & Up - Qualifies as a Silver Medalist
  - 85 & Up - Qualifies as a Bronze Medalist

□ Please take heed that the identifying word here is “Qualifies”. There can be multiple contestants that can qualify as gold medalist and if that’s the case the highest score will receive the gold, and silver and bronze will be allocated to the next two highest scores.

In the event the highest score is a 90 then there is no gold medalist and there’s only a possibility for a silver and bronze medalist as long as the remaining scores land within the 85+Up region.

## 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.