

# Dance – Core and advanced skills

**The level of success of the core skills is measured through the movement phases identified below:**

- Posture/placement
- Alignment
- Tension
- Use of space, levels and flight

**Core Contemporary:**

- Leaps
- Balances
- Turns and traveling
- Step patterns

**Technique of manoeuvres:**

- Aesthetics of movements – Body tension/ extension, coordination of body parts
- Balance
- Control of body shape

**The level of success of the advanced skills is measured through the movement phases identified below:**

Movement skills completed with varying:

- Speed
- Energy
- Rhythm
- Flair
- Originality

**Advance Contemporary:**

- Leaps
- Balances
- Turns and traveling
- Step patterns

**Technique of manoeuvres completed with high levels of:**

- Aesthetics of movements – Body tension/ extension, coordination of body parts
- Balance
- Control of body shape
- Expression Choreography of routines:
- Motifs

- Theme and variation
- Repetition

### **Decision making and tactical awareness, to include**

- Difficulty of routine
- Choreography of routine
- Responses and Interpretation to music
- How to ensure the routine flows
- Body awareness and ensuring that you choose movements that work well for you
- Use of flight – leaps
- Acceleration/deceleration of movements
- Spatial awareness and moving into space
- When to use showmanship to impress judges
- Awareness of strengths/weaknesses and actions of other dancers e.g. adopt a different routine depending on score achieved by other competitors.
- Awareness of the rules and regulations of the activity and their application (including judging signals)