

Judge's Worksheet

Coordination- opposition, direction changes, balance/control, upper/lower body moving as one, use of weight/transfer, elevation

Alignment- hip placement, neck/spine placement, shoulder tension, turn out

Flexibility- extension height, hip mobility, range of motion, jump height

Retention- applying corrections, picking up choreography, adapting to quick changes

Performance Quality- facial expressions, elongation, finishing movements, levels, textures, dynamics, musicality

Professionalism- appropriate attire, listening to instructor, obeying dance room rules, presentation/posture

Accountability- asking questions, focusing on details, being prepared for instruction, engaged