Acro Dance

Socks must not be worn.

Definition

Acro Dance combines dance and acrobatic movement as one complete performance.

- Acrobatic skills must be integrated into the dance throughout the choreography.

Marking Criteria

TECHNIQUE — **30 points**

- Clear and precise execution of dance and acrobatic movement
- Safe, controlled execution with correct acrobatic technique
- Body awareness and alignment
- Strength and control in contortion elements
- Controlled acrobalance, partner and group work with smooth transitions

MUSICALITY — **20 points**

- Interpretation of the style and mood of the music
- Response to changes in musical dynamics
- Rhythmic variation and phrasing

ARTISTRY AND PERFORMANCE — **30 points**

- Clear communication of theme, emotion or idea
- Expression and stage presence
- Precision and synchronisation in multiple-performer entries

CHOREOGRAPHY — **20 points**

- Originality and structure
- Acrobatic skills integrated throughout the choreography
- Acrobatic content appropriate to the dancers' ability
- Partner acrobatics in duets and trios, and group acrobatic work in group performances
- Organised and controlled formations and transitions in group work
- Choreographic response to musical accents and dynamics