

This document is intended to be used in conjunction with the Official Rulebook and Evaluation Criteria, and not as a substitute for either. Download the Official Fine Arts Rulebook and the Evaluation Criteria at www.faf.ag.org/rules.cfm.

DANCE

1. FIND AN EXPERT.

A dance teacher not only teaches new steps and techniques, but also corrects mistakes and points out bad habits. To excel in dance of any style, you need an expert who can teach you the very specific vocabulary and technique for each of the many styles of dance.

2. STUDY OTHER DANCERS.

Watch dancers closely noting things like body alignment, posture, and technique. Try to find ways to incorporate styles and technique into your own dance by repetition and practice.

3. IMPROPER CLOTHING.

Remember Who you are dancing for. Sheer or see-through skirts without leggings, low-cut tops, and tight clothing do not make for a worshipful atmosphere. Tops must provide adequate covering from top to bottom. Also, wear the right shoes for your genre of dance. Although flip flops are a gutsy and potentially quite entertaining choice for footwear, they are inappropriate for dance.

4. PERFECT POSTURE.

Stand up straight, push your shoulders down and back, and hold your head up. Keep your head in line with your spine with eyes straight ahead; chin parallel to the floor; keep your neck long and stretched upward. It's truly amazing what good posture does for a dancer.

5. FOCUS ON TECHNIQUE NOT JUST CHOREOGRAPHY.

Sometimes dancers get so caught up in the choreography that they forget to execute with excellent technique like body alignment, turns, leaps, and uniform/synchronized movements.

6. BODY ALIGNMENT.

Lifted chin, elongated neck, and eyes off the floor. Shoulders should be pressed down and back. Rib cage closed – as if a safety pin were holding it together; stomach muscles engaged; hips held even and level.

7. IMPROVE TURNS.

Be sure you have equal weight distribution between both legs. The body needs to move as one unit, not in pieces. Proper alignment will help ensure proper turns. Shoulders should be placed down and the arms properly placed, not thrown, for each turn. And make a choice to come down from a turn, don't just let gravity make the choice for you. Visualize yourself completing a beautiful turn – it does help!

8. IMPROVE LEAPS.

A deep plié is important for achieving the height you need to properly execute a leap. A plié is a deep knee bend and the last step you do before leaving the ground. The deeper the plié, the more power you have in your legs to push off. Be sure to look up as you leap. If you look up, your body follows. Looking down keeps you low to the ground. And don't forget to control the landing. What goes up must come down so be prepared for your landing. Never come out of a leap with straight knees. Start thinking about your landing as soon as your feet leave the ground.

9. NO LIP SYNCING.

Dance is not Human Video. Don't lip sync or sing along with your music selection. Unlike Human Video, Dance requires a set vocabulary of technical moves and choreography. Although facial expression is vitally important, lip syncing is not widely used in dance.

10. FACIAL EXPRESSION.

When you look like you feel unsure, the audience feels unsure and uneasy as well. Keep your eyes out – don't look down or look around. Engage the audience with excellent eye contact and facial expression. Smile! A smile is an expression of pleasure, happiness, or amusement. If you smile while you are dancing, people get the feeling that you love what you are doing and are more connected to your message.