



2025-2026 DANCE COMPETITIONS

SOLO

Team Name:
Division:
On Team

(+) SUPERIOR PERFORMANCE (@) AVERAGE PERFORMANCE (v) IMPROVEMENT NEEDED

Choreography

 Max
Value

Score

Comments:

STYLE MOVEMENT

- ☐ Composition
- ☐ Originality/Creativity
- ☐ Variety/Ambidexterity
- ☐ Difficulty
- ☐ Appropriateness

 A. 18-20
B. 16-17
C. 14-15
D. 7-13
F. 0-6

(20)

VISUAL IMPACT/STAGING

- ☐ Continuity/Transitions
- ☐ Use of Area
- ☐ Dynamics
- ☐ Floorwork
- ☐ Musical Interpretation

 A. 18-20
B. 16-17
C. 14-15
D. 7-13
F. 0-6

(20)

Execution

TECHNIQUE

- ☐ Body Control
- ☐ Legwork/Footwork
- ☐ Leaps/Jumps
- ☐ Turns
- ☐ Flexibility

 A. 18-20
B. 16-17
C. 14-15
D. 7-13
F. 0-6

(20)

MOVEMENT QUALITY

- ☐ Range of Motion/Use of Torso
- ☐ Dynamics
- ☐ Timing
- ☐ Transitions
- ☐ Body Placements

 A. 18-20
B. 16-17
C. 14-15
D. 7-13
F. 0-6

(20)

Performance

SHOWMANSHIP

- ☐ Facial Expression
- ☐ Projection
- ☐ Focus
- ☐ Confidence in Performance
- ☐ Musicality
- ☐ Body Energy
- ☐ Uniform/Accessories/Grooming

 A. 18-20
B. 16-17
C. 14-15
D. 7-13
F. 0-6

(20)

SOLO
TOTAL SCORE
100

Judge:

