

Dance

Venue: Union High School

Date: 14 August 2024

Convenor: Mrs Bronwen Langmead

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ENTRIES

- Solo: R50
- Duet (2 persons): R120
- Trio (3 persons): R180
- Quartet (4 persons): R240
- Group/Ensemble (5-8 persons): R280
- Group/Ensemble (9-20 persons): R300

Specific Rules:

DURATION OF DANCE

The **duration of each dance** item must be accurately timed as per the table below. It is required that the music is linked to the maximum times allowed.

MAXIMUM TIME ALLOWED

SOLO	2 minutes
DUET	2 minutes
TRIO	2 minutes
QUARTET	2.5 minutes
GROUP 5-8	3 minutes
GROUP 9-20	4minutes

REGISTRATION

- All participants must register in the foyer of the VENUE, **one hour prior to the performance.**
- Please indicate whether a participant is a beginner in his/her age group.

DRESSING ROOMS

- All participants are required to dress up in the demarcated area.
- Teachers can assign “Helpers” for Dressing rooms. No parents allowed backstage.
- Participants should always be supervised and brought backstage by their **teachers.**
- Teachers are to ensure that participants are **ready to dance 30 minutes prior to their allocated time.**
- The dressing area **MUST be kept tidy and cleaned up after performances.**

STAGE

- **Only teachers** (no parents) will be allowed backstage.
- Participants should be trained to enter and exit the stage in the acceptable manner.

AGE GROUPS

- **Ages** to be determined as on **1 January 2024** from **U/6 to U/18**.
- Please note that the **oldest participant** in the group will determine the group age.
- All groups **MUST** have a **GROUP NAME** under which they will enter for participation. The certificate will reflect the group name.

STYLES

1. Ballet (Including straight, demi-character)
2. Modern (Straight, Character – Inc/Exc Lip Sync)
3. Tap (Straight, Character – Inc/ Exc Lip Sync)
4. Contemporary
5. Latin American (Including Cha-Cha, Samba, Rumba, Paso Doble and Jive)
6. Hip Hop
7. Jazz (Straight, Character – Inc/Exc Lip Sync)
8. National Dance (Irish, Belly Dance, Bhangra, Spanish, etc.)

DEFINITIONS OF DANCE STYLES

BALLET

Ballet is a combination of classical dance steps and ballet technique performed to music. It is characterized by light graceful movements and as well as elaborate and precise gestures and steps often including the use of pointe shoes with reinforced toes.

MODERN DANCE

A free expressive style of dance, focusing on the dancers own interpretation of the music. Including floor work.

TAP

Tap dance is a form of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion, must contain Tap Technique and make use of syncopated rhythms.

CONTEMPORARY DANCE

Contemporary dance refers to the latest developments in dance techniques and styles within present day serious dance, i.e., dance as art, and not dance as purely entertainment. Styles vary significantly and often include the use of contractions and release, rise and fall, floor work, movement unrestrained by restrictions in traditional vocabularies, fusion with various movement genres and choreography that is not necessarily musical. Themes can be expressive, narrative, or abstract.

LATIN AMERICAN DANCE

A solo dancer or Couple or Group, performing the following Latin Dances: Cha-Cha, Samba, Paso Doble, Rumba and Jive in accordance with prescribed movements and techniques.

HIP HOP

Hip-Hop dance refers to street dance styles primarily to Hip Hop music or that have evolved as part of Hip - Hop culture. It includes a wide range of styles primarily breaking, locking, and popping which were made popular by dance crews in the USA.

JAZZ DANCE

Jazz dance is "showy" in character. It is mostly done to music with strong pulses and makes use of syncopated rhythms. The movements used are characteristically low "into the ground", strong and dynamic with many angular shapes. It uses many isolations of body parts, such as head rolls and shoulder, rib and hip isolations which are used in coordination to create interesting sequences. Jazz blocks and triple runs (step-ball change; back-ball-change; pas de bourree) are fundamental. Jazz arms are typically strong and sharply articulated and can take on various interesting shapes.