

# Level 3 Floor Choreography Checklist

## 🌀 Body Difficulty (5 DB; may be placed in any order in the choreography)

- Two of the below body difficulties executed on the opposite leg/side
  - DB #1 Jump/Leap (value 0.1 or 0.2)
  - DB #2 Balance (value 0.1 or 0.2)
  - DB #3 Rotation (value 0.1 or 0.2)
  - DB #4 Additional difficulty (value 0.1 or 0.2) from any body group (jump/leap, balance, or rotation)
  - DB #5 Additional Difficulty (value 0.1 or 0.2) from different body group than difficulty #4 (no more than two difficulties per body group allowed)

## 🌀 Composition Requirements

- Dance Steps Combinations – choreographed with minimum 8 seconds, coordinated with the music expressing a rhythm (without pre-acrobatic elements, DB, not entirely on the floor)
  - Dance Steps Combination #1
  - Dance Steps Combination #2
  - Dance Steps Combination #3
- Two chaîné turns in a row, performed in relevé
- Full body wave
- Full arm wave (Two arms waving simultaneously or alternating and performed separately from the dance steps)
- Pre-acrobatic element (minimum 1- required, maximum 4 allowed)

## 🌀 Artistic Execution Considerations (*penalties applied if these are not met*)

Dance steps include:

- Forward traveling in at least one set of Dance steps
- Backward traveling in at least one set of Dance steps
- Sideways traveling in at least one set of Dance steps
- Dance Steps #1 – movement of head and/or arms at least once
- Dance steps #2 – movement of head and/or arms at least once
- Dance steps #3 – movement of head and/or arms at least once

Choreography includes the following modalities

- Chasse
- Skips/hops
- Run
- Jump (not including DB)
- Expression - facial and body expression is consistent and predominant throughout the entire routine
- Rhythm - The movements of the body correlate precisely with the musical accents, and the musical phrases; the body movements emphasize the tempo/pace of the music.