

# Level 5 Floor Choreography Checklist

## 🌀 Body Difficulty (7 DB; may be placed in any order in the choreography)

- DB #1 Jump/Leap (value 0.1, 0.2, 0.3, or 0.4)
- DB #2 Jump/Leap (value 0.1, 0.2, 0.3, or 0.4) executed on the opposite side
- DB #3 Balance (value 0.1, 0.2, 0.3, or 0.4)
- DB #4 Balance (value 0.1, 0.2, 0.3, or 0.4) executed on the opposite side
- DB #5 Rotation (value 0.1, 0.2, 0.3, or 0.4)
- DB #6 Rotation (value 0.1, 0.2, 0.3, or 0.4) executed on the opposite side
- DB #7 Additional difficulty (value 0.1, 0.2, 0.3, or 0.4) from any body group (jump/leap, balance, or rotation)

## 🌀 Composition Requirements

- Dance Steps Combinations – choreographed with minimum 8 seconds coordinated with the music expressing a rhythm and character of the music, with at least 2 modalities of traveling (without pre-acrobatic elements, DB, not entirely on the floor)
  - Dance Steps Combination #1
  - Dance Steps Combination #2
  - Dance Steps Combination #3
- Full body wave forward
- Full body wave backward
- Full body wave different from the above two/free choice (regardless of feet and body position)
- 2 Different pre-acrobatic elements isolated or in a row (minimum 2- required, maximum 4 allowed)

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

- Sufficient use of the entire floor area
- Character of the music expressed in each of the dance steps combinations
- Changes in speed and/or intensity of the music are represented by contrasts in the body. Minimum 1 change is required
- Logical connections are present throughout the routine with no more than 2 illogical connections present
- 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.