



## INTERMEDIATE / ADVANCED LEVEL DANCE REQUIREMENTS

*This Feedback Form will help identify areas in which your I/A Teacher believes you are strong and areas in which you need to improve before achieving the required standards of an Intermediate/Advanced Dancer.*

1. Your rhythm and timing and dancing to the musical beat.

**Score (circle): Excellent / Good / Needs Improvement**

2. Good hand/finger/arm/back tone, using lat muscles to ensure good frame and connection. Ability to demonstrate compression and resistance lead/follow technique

**Score (circle): Excellent / Good / Needs Improvement**

3. Balanced (double) and single spins and the transfer of weight after the spin.

**Score (circle): Excellent / Good / Needs Improvement**

4. Guys leading and girls following (not anticipating or leading themselves) beginner moves (easily) and then more challenging intermediate moves. Using the "line of dance" to make the conversation flow easily.

**Score (circle): Excellent / Good / Needs Improvement**

5. The feeling of security, stability and good posture & positioning (no twisting or hurting lady's back) in dips and drops & using leg strength, rather than back or arm strength (guys). Ability to take own weight, not throwing themselves into dips and centre of balance in dips and drops (girls).

**Score (circle): Excellent / Good / Needs Improvement**

6. Ability of guys to lead momentum, direction and rotation of lady and for ladies to follow that lead.

**Score (circle): Excellent / Good / Needs Improvement**

7. Ability to demonstrate stretch and elasticity with lead/follow technique & therefore contribute to smooth flow on the floor.

**Score (circle): Excellent / Good / Needs Improvement**

8. Competency in dancing the I/A Routine taught in class with the I/A teacher.

**Score (circle): Excellent / Good / Needs Improvement**

**OVERALL TEACHERS RATING (circle): PASS (with flying colours) / PASS (but needs further improvement) / NO PASS (needs improvement and reassessment)**

Please approach any of the following teachers of Advanced classes who are qualified to assess you for your Blue IA Card: Adam, Amanda, Anthony, Julie G, Kate, Louie R, Nathan, Nicky, Patryck, Robert, Reasmey, Roz, Steve.

**GOOD LUCK AND REMEMBER, DANCING IS MOST OF ALL FUN SO ENJOY !!!!**