



## INTERMEDIATE / ADVANCED LEVEL DANCE REQUIREMENTS FOR THE ISSUE OF YOUR BLUE CARD

Some things to bear in mind, which your Intermediate/Advanced Teacher will look for in your dancing when assessing your readiness for a Blue Card.

1. You should have the musical beat, timing and rhythm and also be fluent in Ceroc footwork.

**Score (out of 5):**

2. Good hand/finger/arm tone, using lats to ensure good frame and connection and the ability of guys to lead and ladies to follow the lead.

**Score (out of 5):**

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

**Score (out of 5):**

4. Guys leading and girls following the more challenging intermediate moves. Both using the "line of dance" to make the conversation flow easily.

**Score (out of 5):**

5. The feeling of security, stability and good positioning in dips and drops.

**Score (out of 5):**

6. Good posture (straight backs and head and shoulders back) and using leg strength (rather than back strength) in dips and drops (guys in particular) and not twisting the lady's back to get her into position.

**Score (out of 5):**

7. Ladies taking their own weight and holding their bodies rigid/bent when necessary in dips and drops.

**Score (out of 5):**

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

**Score (out of 5):**

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

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

*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.*