

The Resolution Challenge

Rules & Regulations

Just Dance Rules: Each heat is 1:30 minutes of pure lead and follow. Music is chosen by the DJ. Dancers must demonstrate their “on the fly” skills of music interpretation. Simple dips are allowed but not tricks. One foot must be on the floor at all times.

Beginner Students demonstrate basic understanding of foundational/core moves of each genre. There is little music interpretation and mainly partner work with little to no shines.

Intermediate Students demonstrate more in depth understanding of combinations of foundational/core movements. These students demonstrate better understanding of timing and rhythm and a more technical execution of the dance.

Advanced students can execute the dance at a high level, leading and following intricate patterns and demonstrating musical shines. These students can execute multiple spins and interpret the music at a high level.

Costumes: Costumes are not mandatory however if you have a costume you prefer to wear, please do. If you do not own a costume and would like to purchase one, please speak to the registration window and we can help you pick out one and order. If you prefer not to wear a costume please abide by the following dress code:

- Formal attire only.
- Men must wear slacks and button down long sleeve shirts with dress shoes. No jeans allowed.
- Ladies must wear dresses or pant suits. Heels only. No flats.

Judging Criteria:

40% Timing – Do the dancers show and maintain proper timing through out the entire dance.

30% Latin Dance Technique – Do the dancers demonstrate the true essence and feel of the genre they are dancing? Judges will look at body movement, hip rotation, groundedness, etc.

30% Presentation – How well put together are the dancers? Are the dancers projecting to the judges and to their partners or are they introverted and looking down?

