



CBTF ROLE MODEL - SOLO DANCE TWIRL

<https://youtu.be/2wbrGtO6JBY>

Effective 01 January 2021

	GROSS SCORE- 2.5	GROSS SCORE- 3.5	GROSS SCORE- 5.5	GROSS SCORE- 7.0	GROSS SCORE- 8.0	GROSS SCORE- 9.0
RANGES C 0-2.49 BN 2.5-3.49 BI 3.5-4.99 BA 5.0-6.99 A 7.0-10.0						
CHOREOGRAPHY	-Choreography is well suited for the level of the athlete -Athlete shows a variety of dance skills -Choreography is very musical	-Athlete is very confident in the choreography -Athlete is able to perform the choreography effortlessly	-Athlete has a strong understanding of the musicality which brings the choreography to life -Athlete understands the balance of blending baton and body	-Choreography has some nice memorable moments -Choreography matches the music changes by varied pacing -Needs to work on bringing the choreography to life	-Nice balance of difficulty and performance opportunities -Athlete connects with the music and projects that in her performance through the choreography	-Stunning choreography that is effortless and powerful -Many memorable moments throughout routine
DANCE	-Athlete shows a variety of skills she has mastered -Appropriate skill level for ability level	-A good variety of dance/acro skills are demonstrated -Athlete is able to perform dance skills while blending with the baton skills	-Dancer shows good variety but at times is repetitive -The level of twirling is higher than the skill level of dancing	-Athlete demonstrates a nice variety of dance skills that are musical and enhance the choreography -Athlete needs to strengthen lower body technique	-Nice use of body movements as musical accents -Nice feeling and "breath" throughout program -Beautiful layback position	-Athlete displays great variety and strength in her bodywork -The amplitude in her jumps is superior
BATON	-Athlete is weaker in the baton mode but is developing good technique -Starting to blend baton & body but on more difficult skills she isolates the baton skill	-Athlete is right hand dominate throughout the routine -Lacks variety of receptions -Is able to meet the demand on the baton while using her body	-Baton is stronger than bodywork -Good start to developing travel complex -Nice blending during contact sections	-Very strong baton skills -Rolls were musical -Nice blending of body with baton work -Good balance of stationary travel complex	-Athlete demonstrates a nice balance between horizontal and vertical patterns -Good use of rolls to develop musicality	-Superior continuous blending of body and baton -Baton difficulty is used to create highlight moments
EXECUTION	-Athlete shows excellent technique -Nice relevé and posture -Needs to continue to work for more turnout	-Good turnout and relevé positions -Needs to continue to work on flexibility and speed -Good control on dance/acro moves	-Athlete needs to continue to work for more turnout -Good posture and strength in upper body	-Athlete needs to work on stretching feet more -Needs to work for a higher demi-point position -Slight bend of knees on illusions and walkovers	-Athlete needs to work for a higher demi-point position -Lower body technique is weaker -Good turnout and upper body extension	-Superior technique demonstrated throughout the routine
PERFORMANCE	-Athlete maintains eye contact -Athlete is very energetic and confident	-Athlete appears very confident with choreography so is able to project her performance	-Pleasant performer to watch -Confident in ability which shows in performance ability	-Athlete is in and out of her performance -When athlete is preparing for aeriels she loses her performance	-Athlete is a lovely performer who really engages her audience -Athlete appears effortless in the performance	-Effortless to watch -Superior presentation -Athlete puts you at "ease" when watching the performance