

CoreDance

Category Definitions

Urban Divison

Street Dance

- This category includes a variety of styles; House, Wacking and Voguing, Breakdancing, Street Jazz, Locking with elements of Hip Hop such as party dances, funk styles and grooves. Old School, New School, Krumping and even animation.
- Some things our adjudicators look for are clean formations and levels. Clear shapes and symmetry. There should be a high energy vibe while using textures, speed control, showmanship, facial expressions, and body dynamics.
- A note for teachers and choreographers make sure your music is clean and suitable for a family audience or you risk disqualification. If you're uncertain about any words or explicit content it's always best to contact us in advance.
- Now, as for footwear, you should be wearing regular street shoes and props are allowed in this category

House

- House is a social dance primarily done to House music. It's roots started in the clubs of New York and Chicago. House is a fun, energetic and groovy dance style. Ultimately it is a fusion of disco, Charleston, tap, capoeira, hustle, salsa and even lindy hop. Basically techniques that should be shown are footwork, jacking and lofting. House is about being free and sharing positive energy with people.

Wacking and Voguing

- Wacking is a form of dance created in the LGBT clubs of Los Angeles during the 1970s disco era. Wacking consists of moving the arms to the beat of the music. Typically the arm movements are over and behind the shoulders. Wacking also contains other elements such as posing and footwork. It is influenced by Fosse, locking, jazz and disco. Wacking brings a polished and elegant look to the dancers while they hit the choreography with razor edge sharpness.

Street Jazz

- Street Jazz is a combination of technical jazz dancing and urban flavours. A more grounded and less technical version of jazz dance though they keep the sharp energy of the jazz dancer alive. You can see the style often in the commercial dance industry.

Breaking

- Breaking is a style of street dance that originated during the mid-1970s. This style consists of 4 kinds of movement top rock, down rock, power moves and freezes. BBoying or BGirling is typically danced to hip hop, funk music and especially break beats. Although modern trends allow for a much wider variety of music. A practitioner of this style of dance is called a BBoy or BGirl.

Locking

- Locking is a style of funk dance. This style of street dance is often associated with hip hop. It relies on fast and distinct arm and hand movements combined with a grounded energy that's derived from a more relaxed hip and leg motion. These movements are generally large and exaggerated. Often locking will feel very rhythmic as it is tightly synched with the music.

Popping

- Popping is a street dance and one of the original funk styles that came from California during the late 1960s. Popping technique is formed by quickly contracting and relaxing the muscle, the faster you relax the muscle the sharper your pop looks. This dance style includes the robot, waving and tutting. However, popping is distinct from breaking and locking which it is often confused with. We refer to these dancers as poppers.

Old School vs New School

- Old school is a party dance that was created in the late 80s and early 90s. Whereas New school is what is currently being taught by today's street dance professionals.

Krumping

- Krumping is a street dance popularized in the United States. Distinguished by free, expressive, exaggerated and highly energetic movement. The youth who started krumping saw the dance as a way for them to escape gang life, to release anger, aggression, and frustration positively in a non-violent way.

Animation

- Animation is the use of splashy dynamic poses, and a jerky, freeze-frame dynamic. It includes swooping waves, ticks and melodramatic freezes. It's inspired by blockbuster cartoons. It also uses techniques such as speed control and is the latest in hip hop's never-ending conveyor belt of new moves.

Contemporary Division

Jazz

- Jazz is a theatrical version of movement. Originally done to jazz music in the early 1900s. We look for free movement using recognized jazz techniques such as a ball-change, axels, fan-kicks, layout, pirouette. While showing a strong sense of rhythm and dynamics, isolation and coordination. Each dancer must use their body efficiently and create clean shapes and lines in space. The dancer must use technical elements of jazz dance including kicks, turns and jumps while adding stylistic movements. That's what jazz dance is, so we have to be careful that no more 3 acrobatic moves are utilized. As jazz dancers we have a lot of energy and we have a lot capability but we save that for the acro category. In Jazz we have no props, any type of shoe can be worn though we recommend a jazz shoe, barefoot or sock.

Lyrical Jazz

- Lyrical jazz places emphasis on flowy movements that express the lyrics of the music, a solid jazz technique and content must be shown. This class explores a balance between a soulful expression of the lyrics, theme and technical dance athleticism. You can apply the theory of keeping jazz from the waist down and a ballet dancer's grace from the waist up. Another way to define lyrical dance is to check where the center of the dancer's weight is for the majority of the performance if it's in the center of the foot you may be looking at a modern technique pushing the dance into a contemporary dance category. In a lyrical jazz we also don't allow props though any type of shoe can be worn. We would recommend a jazz shoe, barefoot or sock.

Contemporary

- Contemporary is a form of dance that typically has a modern base. It will have a strong and controlled subtle legwork like seen in ballet. Modern dance stresses in the torso, it employs contract and release, floor work, fall and recovery, and improvisation characteristics of modern dance. It is a collection of systems and methods developed after the modern and postmodern era in response to those strict rules. So it tends to blur the lines. It always joins multiple styles to create something new and current. In this category we don't allow props but for footwear we definitely recommend a barefoot or sock.

Modern

- Modern is a codified dance form with its foundation created in the modern era. To include but not limited to Graham, Horton, Limon, Humphries and/or Cunningham. Dance that works in opposition to the limitations of classical ballet and therefore favours pedestrian movement. It celebrates the human body and the inner feeling being expressed outwardly. This typically includes movement that would be rooted into the ground while using the full torso and spine to curve and arch. It could also include a focus on contraction and release or fall and recovery systems, with a strong use of floorwork. In this category we don't allow props and as for footwear any type of shoe can be worn though we recommend bare feet.

Interpretive

- Interpretive is expressing an idea or mood not a story. An interpretation of the music or theme of the piece which then should be reflected in the title. The audience should understand your idea without having to read it. Any style or technique is accepted to express your interpretation. This style does not allow music with lyrics, it does not allow props but any kind of footwear is appropriate.

Classical Division

Ballet Demi-Pointe

- Ballet demi-pointe is based on any method of classical ballet technique with a variety of steps demonstrated at various speeds and differing dynamics. The dance tells no story, no pointe shoes are allowed, ballet slippers and soft pointe shoes can be worn. You can have no props.

Pointe

- Pure classical ballet technique should be demonstrated. They will be adjudicated on the execution of their pointe work, fundamental technique and strength. In this category some stylistic movements may be borrowed from other disciplines to add a special flair but it must stay within the classical ballet guidelines. The only type of shoe that can be worn is a pointe shoe, of course. Any props must be held only.

Demi-Character

- The story must be portrayed through classical ballet and mime. Dancers must perform ballet from the waist down and character from the waist up. Ballet and pointe shoes are allowed and any props can be held only.

Character

- The dancer must embody the whole character using any style of movement with occasional isolated ballet steps. Character shoes, ballet slippers and characters shoes may be worn. Props are actually allowed in this category. We are excited to see the dancers' acting skills come alive on stage.

National

- Folk dancing, which portrays the traditional style from a specific country. Traditional footwear and props are allowed.

Contemporary Ballet

- Contemporary ballet is a style of dance that combines elements of classical ballet and modern or contemporary dance. Many of the elements used come from 20th century Modern Dance including floor work, torso and spine movement and working from parallel positions. Ballet slippers, pointe shoes or bare feet are allowed.

STAGE DIVISION

Tap

- Tap is a percussive dance style where the use of the dance shoe is used to express choreography as both visual and sonic interpretations of the music. Entries will be judged on technique, musical relevance, performance quality and style. No tap sounds in the music, tap shoes only please.

Variety

- Variety must be suited to live theatre, Stage Production or Musical Production including modern stage. Routines must be entertaining and diverse. They may be danced in any style, in any footwear, and what do you know lip synching is permitted. Minimal use of simple props is accepted.

Acro

- Acro is a style of dance combining classical dance technique with acrobatic skills. A minimum of 5 acrobatic skills must be featured within the dance routine. Props are allowed and bare feet are recommended.

Song & Dance

- Song & Dance must use the performer's own voice, no voice in the music, in the recording, or anywhere of any kind. These routines must be choreographed to provide interest and entertainment beyond the straight line work. The use of the full stage is required. The routines must comprise of 50% voice and 50% dance, and will be adjudicated on both. Any shoe-wear is allowed and props are welcomed in this category.

High School Division

- High School's will compete in their own sessions and entries will be grouped by division; urban, classical or contemporary. Individuals are placed in the solo category, while duets, and trios or groups will compete against each other. This means that a small group may compete against a large group and so forth.

Production

- Productions generally tell a story or are part of a large dance or stage full-length show. It may combine all ages and can be any group size. A production must be a minimum of 6 min and a maximum of 10 min. Any props or shoes may be worn in the production category.