

**Community Dance Fest (C.D.F)
GENERAL GUIDELINES**

DANCE CATEGORIES

1. Contemporary (Modern) Dance

Theatrical Dance that is a departure from and reaction against rigid dance techniques. Movement is sourced from a range of life experiences, conditions and activities. Contemporary dance involves much experimentation and improvisation, not only with finding new ways of moving, but also finding new ways to use music and other sounds to relate to the movement.

2. One of or any combination of the following: (EACH PERFORMANCE MAY CONTAIN, BUT NOT LIMITED TO THE FOLLOWING)

a. African Dance - Traditional

This refers to dances of the African continent whether West African, South African, North African or East African. These dances are often characterized by specific drum and other rhythms, specific functional purposes (e.g. dances for births, deaths, and marriage), specific costumes and chants. They are dances attributed to particular groups of African peoples.

b. Caribbean Folk Dance

This comprises the various dances of the African Caribbean peoples. Movements have origins in traditional African dance movement, along with some European and Amerindian influences. Many are celebratory, ceremonial, sensual or spiritual, but most are characterized by: strong community spirit, role-play, individual improvisation, and the indivisible partnership between music and dance.

c. Ballet

A highly standardized theatrical dance form which requires special footwear (ballet shoes, Pointe shoes). Whether the dance tells a story or not, emphasis is on **line** (clarity of the body positions); **lightness** in the quality of movement; **elevation** (especially Pointe work for females) and **virtuosity** (ability to execute tremendous physical feats with apparent ease) more so in the case of the male dancer.

d. Ballroom Dance

Any number of couples dances done in a ballroom or a social meeting place for dance. Relationship between the male and female, and relationship between the couple and the music are important factors.

Sub-categories are:

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| Classics: | - | Waltz | - | Tango |
| | - | Quickstep | - | Viennese Waltz |
| | - | Foxtrot | | |
| Latin: | - | Cha-Cha-Cha | - | Samba |
| | - | Rhumba | - | Paso doble |
| Alternate: | - | Salsa | - | Meringue |
| | - | Mambo | | |

e. Dance Based Cheer Leading

This is an activity based on organized routines made up of dance and stunning gymnastics, as a community competitive sport.

f. Jazz/Street Dance

This refers to all dances arising out of jazz/ street music, for example 'WAVING', 'POPPIN', 'BREAKIN' AND 'LOCKIN'. Jazz/ street dance has evolved, as has the music, but it is always characterized by syncopated movement.

Jazz/Street dance may be divided into sub-categories.

- a) Lyrical Fluid extended movements complementing a more mellow type of jazz/street music. This often has a sensual quality.

- b) Funky Jazz/ Street Performed to funky music from 1960's 70's and 80's. Characterized by polyrhythmic, angular disjointed movements, hip isolations, shoulder shrugs, head rolls. It involves a lot of basic movement e.g. finger-snapping, handclapping and walking. The significance is timing of different instruments in the song with different body parts.

- c) Musical Theatre Jazz/Street Theatre Jazz/Street especially the kind performed on Broadway cabaret setting. Movements assist in presenting or developing the plot of a play. This style involves much characterization or role-play and often

