

Grading Criteria / Ballroom Classes

For an A Grade: 93 or above

Footwork:

- Dancing proper heels and toes
- No more than 1-2 foot faults
- Foot connection/pressure to the floor
- Passing free foot under the body to facilitate proper weight transfers
- Good understanding of foot placements / one foot to the other
- Keep feet toned at all times with or without weight
- Well developed articulation and rolling through the feet

Leg Action:

- Dancing proper rise and fall through the knees
- Tone in both standing and non supporting leg
- Awareness of flexion and extension through the ankles

Movement:

- Clear understanding of the standing leg and where the body weight should be
- Understands movement of the spine through space
- Demonstrates consistent and clear body flight
- Movement is well connected with partner and timing is clear

Body Line and Position:

- Long Spine, shoulders down
- Elbows are held up and out with tone
- Head extension out of the frame
- Ladies strong left side
- Lifting sternum
- Connected hands are held between the partnership with tone
- Body is held steady and toned when moving from foot to foot

Rhythm and Timing :

- Must dance on rhythm and timing should be clear
- Feet are reflecting sharp or legato movements
- Energy through the body should be clear and directional

For an A- Grade: 90-92

- Student has a good understanding in three areas listed above, but is lacking in one area in particular.
- 3 foot faults

For a B+ Grade: 87-89

- Student has a good knowledge in two areas, but is lacking in two
- 4 or more foot faults