

Evaluation:

participant _____ date _____

form _____ evaluator _____

NOTE: These are not the only criteria by which performances are judged. Evaluators may also take into account balance, faults in individual moves, style-specific characteristics, choreography, etc. Competitor: please consult evaluator for clarification.

[Evaluator: please place at least one but not more than four marks in the "good" category, and at least one but not more than four marks in the "needs work" category. Add other comments if you wish.]

		GOOD	lesser faults/ adequate	NEEDS WORK	
Stances					
pelvis, coccyx:	sits	_____	_____	_____	often too far in or out
knees:	safe, stable	_____	_____	_____	exceed limits: front/b, in/out
steps:	empty, light, controlled	_____	_____	_____	heavy
feet:	firm; well-placed	_____	_____	_____	roll, shift; awkward placement
 Posture (Unity)					
waist, hips:	active	_____	_____	_____	idle
shoulders, elbows:	relaxed	_____	_____	_____	high or constricted
arms:	body-driven	_____	_____	_____	move independently
hands:	supple, expressive	_____	_____	_____	immobile, or slack
 Vigor					
head:	erect, centered	_____	_____	_____	often down, or juts forward
face, eyes:	engaged, calm	_____	_____	_____	tense
flow:	continuous	_____	_____	_____	stops & starts
intent:	applications clear	_____	_____	_____	vague

Evaluator's Score: _____

FINAL SCORE: _____
