

Category	Definition	What Judges Are Looking For	Pro-Tips
Timing	The precise control of movements to match the music's rhythm, beat, tempo, and pace.	<ul style="list-style-type: none"> - Steps that clearly reflect whether the song is fast or slow. - A strong understanding of the rhythm and flow of the music. 	<ul style="list-style-type: none"> - Prioritize quality over quantity; don't rush to include too many moves. - Allow pauses to let your partnership and the audience connect with your performance.
Technique	The foundational quality of dance, focusing on clean basics, control, balance, and posture.	<ul style="list-style-type: none"> - Precise footwork. - A stable frame and controlled movements. - Moves appropriate for the dancer's level and the music. 	<p>Dance with all Out energy and expression, but prioritize:</p> <ul style="list-style-type: none"> - Frame, connection, and balance. - Awareness of other dancers and proper floor etiquette.
Teamwork	The ability of partners to collaborate seamlessly, showcasing connection and foundational skills.	<ul style="list-style-type: none"> - Synchronization and mutual respect. - Equal engagement, ensuring no one overshadows the other. - Demonstrating true partnership rather than dancing side by side. 	<ul style="list-style-type: none"> - Maintain eye often contact to build chemistry and connection. - Treat each other as if you're the only dancers in the room.
Content	The creative and varied moves, transitions, and combinations used to interpret the music.	<ul style="list-style-type: none"> - A variety of moves that reflect the music's highs, lows, and changes. - Creativity and knowledge of multiple combinations. 	<ul style="list-style-type: none"> - Let the music guide your creativity and timing. - Use phrase changes to introduce unique combinations. - Time lifts and standout moves to align with the music's powerful moments.
Showmanship	The ability to engage the audience and judges through energy, style, and performance flair.	<ul style="list-style-type: none"> - Dynamic phrasing and individual style. - Flair that enhances the performance without sacrificing technique. - Moves that draw in the crowd and judges alike. 	<ul style="list-style-type: none"> - Angle your best moves toward the judges for visibility. - Balance audience engagement with showcasing your top work to the judges.