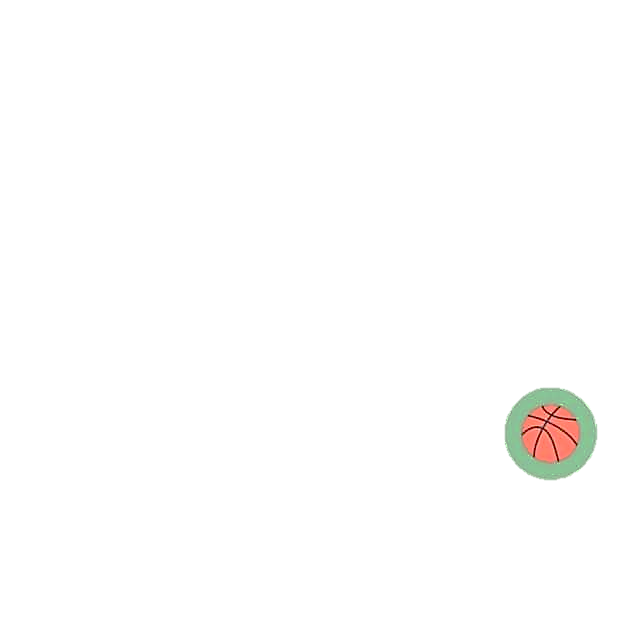
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**Application**

**A.** Assess your skill. Using your own choice of upbeat music, create your own free style dance based on the techniques and asses yourself.

The following self-rating scale shall be used:

1- No or only a few observable errors; performed with high level of confidence

2- Some errors in technique but are able to keep presence of mind and carry on; encourages partner

3- Some errors in technique; more comfortable in starting all over again or backtracking; may show impatience or frustration

4- Needs more practice; shows impatience or frustration

|  |  |
| --- | --- |
| RATING | TECHNIQUES |
|  | Waving |
|  | Breakdancing |
|  | Tutting |
|  | Isolation |
|  | Free Style Dancing |

**B.** Performance.Using your own choice of upbeat music, create your own Hip- hop dance. Performance limit will be minimum of 3 minutes and maximum of 5 minutes. Below are the criteria for scoring.

|  |  |
| --- | --- |
| **CRITERIA** | **PERCENTAGE** |
| Variability & difficulty of steps | 20% |
| Props and costume | 15% |
| Choreography | 30% |
| Mastery | 20% |
| Visual impact | 15% |
| **TOTAL** | 100% |