

increase Your Artistry on FLOOR



ARTISTRY OF PERFORMANCE

- Great body posture
- Elongate your body
- Have beautiful feet
- Use lots of body parts as you move
- Make your routine flow (like cursive writing NOT printing)



MUSIC & MUSICALITY

- Express the mood & character of the MUSIC
- Use cool & engaging music - NO boring :)
- Edit your music with style & class
- Finish your routine with a BANG!



COMPOSITION

- Present diverse & creative choreographed movements
- Pay attention to your corners
- Use lots of levels changes; making sure to get RIGHT down on the floor