



Skate Canada Dance Assessment

STAR 5a Dance – Willow Waltz

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Standards of Assessment

ELEMENTS	CRITERIA		SUCCESSFUL	UNSUCCESSFUL
Focus Areas 1, 2 & 3	Accuracy		100% accuracy of steps	Less than 100% accuracy of steps
	CRITERIA	GOLD (Good for level)	SILVER (Reasonable for level)	BRONZE (Poor for level)
Full Pattern	Timing:* Ability to match the musical timing	100% correct timing of steps	75% correct timing of steps	Less than 75% of exercise off time
	Carriage: Style, body lines and posture	<ul style="list-style-type: none"> • Body carriage – strong throughout • Free leg extension – strong throughout 	<ul style="list-style-type: none"> • Body carriage • Free leg extension 	<ul style="list-style-type: none"> • Body carriage – weak throughout • Free leg extension – weak throughout
	Technique: Proper mechanics demonstrated	<ul style="list-style-type: none"> • Steps (100% correct) • Blade pushes (more than 75%) • Knee action evident throughout 	<ul style="list-style-type: none"> • Steps (75% correct) • Blade pushes (more than 75%) • Some knee action evident throughout 	<ul style="list-style-type: none"> • Steps (50% correct) • Blade pushes (less than 75%) • Little or no knee action throughout

Additional Comments: