**Showdance**

**Technical Description of Choreography**

|  |  |
| --- | --- |
| **Name of the Competitiors:** | **/** |
| **Country:** |  |
| **Description:** | **Description («runbook») of the musical artwork including the «story” of the show:** |
| **Name of the Show:** |  |

**Technical Information:**

**Time Limits:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Section** | **Music** | **Duration** | **Sec** |
| **1.** | **Entrance** | NO | max 15” |  |
| **2.** | **Main Part** | YES | min 180” / max 210” |  |
| **3.** | **Exit** | NO | max 15” |  |

**Regular Latin/Standard Dances (min 60% of performance):**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Dance** | **Duration** | **Sec  from - to** | **Sec  from - to** | **Sec  from - to** | **Sec  from - to** |
| **1.** |  | min.20” / max 90” | - | - | - | - |
| **2.** |  | min.20” / max 90” | - | - | - | - |
| **3.** |  | min.20” / max 90” | - | - | - | - |
| **4.** |  | -- | - | - | - | - |
| **5.** |  | -- | - | - | - | - |

**Other Elements / Other Dances (max 40% of performance):**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Dance** | **Duration** | **Sec  from - to** | **Sec  from - to** | **Sec  from - to** | **Sec  from - to** |
| **1.** |  | max 90” | - | - | - | - |
| **2.** |  | max 90” | - | - | - | - |
| **3.** |  | max 90” | - | - | - | - |
| **4.** |  | max 90” | - | - | - | - |
| **5.** |  | max 90” | - | - | - | - |
| **6.** |  | max 90” | - | - | - | - |
| **7.** |  | max 90” | - | - | - | - |

**Lifts (no limits):**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | **Sec  from - to** | **Sec  from - to** | **Sec  from - to** | **Sec  from - to** |
|  | **Lifts** |  | - | - | - | - |
|  |  |  | - | - | - | - |

**Release of Normal Standard Hold (max. 50% of performance):**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | **Sec  from - to** | **Sec  from - to** | **Sec  from - to** | **Sec  from - to** |
|  | **Release of Hold** |  | - | - | - | - |
|  |  |  | - | - | - | - |

In Showdance Latin no restrictions

**Props (max. 2):**

|  |  |
| --- | --- |
| **1.** |  |
| **2.** |  |

**Full List of Music Titles:**

|  |  |
| --- | --- |
| **Segment No:** | **1** |
| **Title of Music:** |  |
| **Performer:** |  |
| **Composer / Arrangers:** |  |
| **Label / Publishers:** |  |
| **CD number:** |  |

|  |  |
| --- | --- |
| **Segment No:** | **2** |
| **Title of Music:** |  |
| **Performer:** |  |
| **Composer / Arrangers:** |  |
| **Label / Publishers:** |  |
| **CD number:** |  |

|  |  |
| --- | --- |
| **Segment No:** | **3** |
| **Title of Music:** |  |
| **Performer:** |  |
| **Composer / Arrangers:** |  |
| **Label / Publishers:** |  |
| **CD number:** |  |

|  |  |
| --- | --- |
| **Segment No:** | **4** |
| **Title of Music:** |  |
| **Performer:** |  |
| **Composer / Arrangers:** |  |
| **Label / Publishers:** |  |
| **CD number:** |  |

|  |  |
| --- | --- |
| **Segment No:** | **5** |
| **Title of Music:** |  |
| **Performer:** |  |
| **Composer / Arrangers:** |  |
| **Label / Publishers:** |  |
| **CD number:** |  |

|  |  |
| --- | --- |
| **Segment No:** | **6** |
| **Title of Music:** |  |
| **Performer:** |  |
| **Composer / Arrangers:** |  |
| **Label / Publishers:** |  |
| **CD number:** |  |

|  |  |
| --- | --- |
| **Segment No:** | **7** |
| **Title of Music:** |  |
| **Performer:** |  |
| **Composer / Arrangers:** |  |
| **Label / Publishers:** |  |
| **CD number:** |  |

|  |  |
| --- | --- |
| **Segment No:** | **8** |
| **Title of Music:** |  |
| **Performer:** |  |
| **Composer / Arrangers:** |  |
| **Label / Publishers:** |  |
| **CD number:** |  |

|  |  |
| --- | --- |
| **Segment No:** | **9** |
| **Title of Music:** |  |
| **Performer:** |  |
| **Composer / Arrangers:** |  |
| **Label / Publishers:** |  |
| **CD number:** |  |

|  |  |
| --- | --- |
| **Segment No:** | **10** |
| **Title of Music:** |  |
| **Performer:** |  |
| **Composer / Arrangers:** |  |
| **Label / Publishers:** |  |
| **CD number:** |  |

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Date (dd/mm/yyyy) Athlete’s Signatures