**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