



**Tips For Rock'n'Roll
Dance Competitors.**

Timing

**Timing is King. Two of the five judges will be assessing how closely you dance in time to the music, for the whole song.
Your Timing scores are the first thing to be re-visited if a count-back is required.**

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The Rules

Read and understand the rules.

The Competition Rules can be downloaded from the Championships page of the VRRDA website.

If you are not sure about any particular point, please don't be afraid to ask questions.

For the Victorian State Championships, you can email questions directly to Fiona Barclay, the VRRDA Head Judge, at vrrdamail@gmail.com

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Dress

Take care when selecting your competition outfits. We really care about preserving that special fashion look from the 1950s.

That does not mean Judges just award extra points for the more expensive outfits. Your clothes should be about dressing well, with your own special flair.

The bonus is that looking right will give you the confidence that you really do belong out there on the competition floor.

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Showmanship

Showmanship judges will be looking for that X factor. It makes you the couple that they don't want to stop watching. Own the floor, present well and look like you are enjoying the whole experience.

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Smile

Smile! Well that's obvious isn't it? But are you actually doing it? Judges like to see that you are enjoying yourselves. It will also make you look and feel more confident too.

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Technique

The Technique judges will be looking at how well you dance as a couple, your skill in executing moves, the degree of difficulty of those moves along with your ability to interpret the music.

Moves should flow without looking like a rehearsed routine.

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The Whole Song

Judges will keep assessing you right until the end of the song. So keep your energy levels up, look happy (even if you make a mistake) and keep on dancing!

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