

Norland Middle School

Dance Requirements

Dance auditions will be virtual this year due to the everchanging status of the COVID-19 pandemic.

Attire for Audition Video:

- Dancers should wear appropriate dance attire (leotard and tights) and have hair pulled back neatly away from the face.
- Boys may wear black dance pants, and white or black fitted t-shirts
- Dance attire should be form fitting to show the lines of the body.
- No jewelry, accessories or socks should be worn. Ballet shoes may be worn for the technique demonstration. Dance shoes can be worn for the solo portion if necessary.

The dance audition must be fully taped and include **all three (3) parts** below:

Part One: Introduction

Dancer must introduce themselves and include the following information in his or her introduction portion:

- Full name (First & Last)
- Age and Current Grade
- Current School (Elementary or Middle)
- Why he or she would like to be a part of the Norland Middle School Dance Magnet?

Part Two: Technique Demo

Dancer will showcase the following exercises:

- 2 Demi plies & 1 Grand plie in 1st, 2nd, & 5th positions
- 2 Tendus to the front, side, and back in 1st & 5th positions
- An 8-count balance in eleve (on rise) in 1st, 2nd, or 5th position
- A 4-count balance flat/in eleve (on rise) on one leg
- Splits (right, left and center) if possible

These exercises can be done to **instrumental music** or no music but should showcase timing and musicality and strong dance technique.

Part Three: Solo

Dancers will perform a 1-minute solo in **ANY** style of dance. Solos should showcase a dancer's technique, creativity, musicality, professionalism, and performance quality.

The 1-Minute Solo Video Should Include:

- Stationary & Traveling Movements
- Smooth Transitions
- Dynamic Movement Choices
- Varied Tempo & Shapes
- Movements on All 3 Levels of Space
- Any skills or tricks (pirouettes, fouettes, grand jetes, Russian jumps, aerials, etc)
- 1 Minute in length (Please edit music --no manual fades done by dancer during video duration)
- Do not use Tik Tok or Trending Dances (Please showcase your original movement sequences)

Please submit the entire audition as one file. You may stop recording in between segments and edit them together, or you may do one continuous take, whatever works best for you.

Please make sure you are well lit, can see your eyes, and that we can hear you clearly.

We suggest that you record your video in a space where you are to move fully. Video should be filmed horizontally to ensure you are in the frame at all time. Video should also be filmed with little to no distraction in the background. We want to be able to see the dancer clearly.

MIAMI GARDENS, FLORIDA

Should you have any further questions please email the Norland Middle School Magnet Program:
norlandmiddlemagnetprograms@gmail.com