

RSCDS DANCING PROFICIENCY ASSESSMENT

Name _____ Date _____ Venue _____ Level _____

1.0 Slip Step

- 1.1 Correct rhythm
- 1.2 Correct angle of feet & good extension
- 1.3 Heels meet in mid air
- 1.4 Smooth even step with heels together in change of direction

	Score

2.0 Skip Change of Step

- 2.1 Correct rhythm
- 2.2 A positive hop
- 2.3 Extended front leg followed by reach forward to land on a straight leg
- 2.4 Close up in 3rd position

3.0 Pas de Basque

- 3.1 Correct rhythm
- 3.2 3 distinct beats
- 3.3 Correct 3rd position
- 3.4 Strong, fully extended jete

4.0 Strathspey Travelling

- 4.1 Correct rhythm
- 4.2 Good urge forward & good extension
- 4.3 Close up in 3rd position
- 4.4 Slow pull through of back leg from full extension behind
- 4.5 Gentle hop on 4th beat

5.0 Strathspey Setting/Common Schottische

- 5.1 Correct rhythm
- 5.2 Urge sideways to 2nd position
- 5.3 Close up to 3rd rear position
- 5.4 Slow smooth lift
- 5.5 Accurate position of foot behind supporting leg

6.0 Deportment

- 6.1 Easy natural poise
- 6.2 Upright carriage
- 6.3 No excessive body movement

7.0 Formations Exercises

- 7.1 Correct execution
- 7.2 Smooth linking of formations

R/J	S	

8.0 Dances

- 8.1 Knowledge of dance
- 8.2 Correct phrasing and linking of formations
- 8.3 Dancing all steps in each phrase
- 8.4 Correct hand holds and arm positions
- 8.5 Covering
- 8.6 Sociability
- 8.7 Maintenance of correct technique throughout

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Total Score sections 1 to 6

/25

Total Score sections 7 and 8

/25

PTO

RSCDS DANCING PROFICIENCY ASSESSMENT

Name _____ Date _____ Venue _____ Level _____

Fail

Pass

Credit

Distinction

Assessor 1 _____

Signature _____

Assessor 2 _____

Signature _____

NOTES:

1. Steps and deportment to be assessed during formations exercises and dances.
2. Formations exercises of 16 bars to test formations not included in the dances.
3. Each element to be ticked (✓) or crossed (x) as being acceptable or unacceptable respectively.
4. Ticks to be counted and entered in the "Score" column.