

# **New IDTA Solo Dance Awards**

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On return to dance following the pandemic, for those pupils without a regular dance partner there was no other choice but to dance on their own. However this caused some problems when teaching solo dancers and couples in the same class. Upon analysis the solo dancers learnt much quicker, in the group, because they had no partner to worry about or to tread on their toes!

Where separate classes were established, the solo dancers quickly moved much further ahead in their technical ability, compared with those in the 'couples only' class.

Not all syllabus figures are suitable at the correct speed of music, especially some of the lady's steps in Latin, so choreography needs careful thought. However this should not be confused with the characteristics and different technical requirements of Line Dancing.

High level dancers can be given much more basic routines than they are used to as this is a very different type of challenge, one which has proven to increase their technical ability and all-round performance. This method of training can also enhance partner dancing, should they choose to do so again. In fact, many top competitors actually practice solo, dancing figures in their own genre side-by-side.

For example, in Foxtrot: the Feather Step, Reverse Turn, Three Step and Natural Weave, makes a great start to any solo performance. The Solo Calisthenic Exercises in "The Laird Technique of Latin Dancing" can also give an excellent basis for a routine.

In many overseas countries 'Solo Dance' has been performed for years and lots of large competitions and championships have already been established. More recently in the UK the International Championships, British Championships and the United Kingdom Championships, have all introduced solo events.

Recognising this as additional opportunities for our members the IDTA are introducing Solo Dance Awards, in Ballroom, Latin and Classical or Modern Sequence.

This is a very exciting opportunity to become really creative in your own school, if you have not already done so, as long as the correct technique of the genre is followed.

There are two types of Awards in Ballroom and Latin but each has a different examination code. The certificates will state which option has been chosen but the actual awards will be the same. Restricted: Available from Rosettes and above. Choreography must be suitable syllabus figures from IDTA Technique Books.

Or Open: Available from One Dance Awards and above. Choreography is the teacher's choice.

In Classical Sequence and Modern Sequence, only 'restricted' is available: Choreography must be from recognised BDC scripts

Lynda King  
Fellow, Director IDTA

**New Solo Dance Awards will be available from 1<sup>st</sup> April 2024**

GENRES	Ballroom, Latin, Classical Sequence and Modern Sequence ONLY
AWARDS	Rosettes, Stardance, Junior Dance Awards, Social Dance Awards Dance Awards (medal tests) from One dance upwards
EXAMINATION FEES	As current fees for Rosettes, Stardance, Junior Dance Awards, Social Dance Awards and Dance Awards (formerly Medal Tests).
EXAMINATION CODES	Existing codes will have an extra two characters to indicate Restricted Syllabus (RS) or Open Syllabus (OS)
RESTRICTED SYLLABUS ONLY	Ballroom and Latin Rosettes, Stardance, Junior Dance Awards and Social Dance Awards All Classical Sequence and Modern Sequence exams.
OPEN SYLLABUS or RESTRICTED SYLLABUS	Ballroom and Latin from One Dance upwards; One Dance, Bronze, Silver, Gold etc ...
<p>CODE EXAMPLES</p> <p>Ballroom/First Gold Bar Open Solo = B/1GBOS Ballroom/First Gold Bar Restricted Solo = B/1GBRS</p> <p>Latin/First Gold Bar Open Solo = L/1GBOS Latin/First Gold Bar Restricted Solo = L/1GBRS</p> <p>Modern Sequence/First Gold Bar Restricted Solo = MS/1GBRS Classical Sequence/First Gold Bar Restricted Solo = CSQ/1GBRS <i>All Modern Sequence / Classical Sequence awards will be Restricted Solo (on the certificate this will just say 'Solo')</i></p> <p>Ballroom Rosette/Aqua Restricted Solo = RS1/AQURS First Stardance Award/Rumba Restricted Solo = STDP1/STD1RS Junior Dance Award/One Social Dance Restricted Solo = JDA/S1RS <i>All Rosette awards will be Restricted Solo (on the certificate this will just say 'Solo')</i></p>	