**Level 2 Energy Choreography Projects: Solo Make-Up**

Your job is to perform a choreographed piece of movement. You will be graded as an individual while doing this project. You will be required to complete the choreography on your own, using the guidelines below. You will also perform this choreography for your teacher to pass off.

Teacher Signature:

**1. Your choreography has to be at least :45 seconds long but NO longer than 1:00**. If you are unsure if the choreography is long enough have someone time while you are performing.

**2. Make sure that you use two contrasting energy degrees:** bound, free, heavy, light, strong, weak, much, little

**3.** **You muse use ABA form:**  ABA form is a choreographic tool to help us develop our choreography. There should be an A section, a B section and then somehow go back to the A section. You can do this in many different ways. Your B section can be a manipulation of you’re a section, your B section can be totally new movement. Each section can represent a different energy degree.

4. **You must use 3 technical elements.** Chaine, chasse, plié, degage, grande jete, passé, pirouette, tendu, ETC.

Once you have decided what you would like to use for your technical elements and your contrasting energy degrees you are ready to start moving! Here are some things to keep in mind: You may use any music you like as long as it is appropriate, no swearing, foul or vulgar language or obscene content. HAVE FUN!!!

Name: Class Period:

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|  | **10-9 points** | **8-7 points** | **6-5 points** | **4-3 points** | **2-1points** | **0 points** |
| Energy Degrees | Student used two contrasting energy degrees and they were performed clearly. | Student used two contrasting energy degrees and they were performed mostly clearly. | Student used two contrasting energy degrees and they were performed  somewhat clearly. | Student used one energy degree or the performance was not clear. | Student used one energy degree and the performance was poor. | Student did not use energy degrees. |
| Timing | Choreography was:45-1:00 long |  |  |  | Choreography was over 1:00 or under :45 seconds |  |
| ABA form | used aBA form. The transitions were smooth and the form was clear. | used aBA form. The transitions were mostly smooth and the form was mostly clear. | used aBA form. The transitions were not very smooth and the form was not very clear. | did not use aBA form. The transitions were rough and the form was unclear. | did not use aBA form. The transitions were rough and the form was unclear. There was no structure to the choreography | There was no form used. |
| Technical Elements | used 3 technical elements |  | used 2 technical elements |  | used 1 technical element | There was no technique in the choreography |
|  | **5 points** | **4 points** | **3 points** | **2 points** | **1 point** | **0 points** |
| Performance | The student used all 5 performance qualities | The student used 4 of the performance qualities. | The student used 3 of the performance qualities. | The student used 2 of the performance qualities. | The student used 1 of the performance qualities. | The performance was very poor or the student didn’t perform |

**Score: \_\_\_\_\_\_\_\_/45**