

ACRODANCE

Acrodance combine techniques of physical expression with acrobatic elements. It have a peculiar sportive character and unicity of choreography that mixed the use of stunts in a choreographic context. It is also a amatorial and competitive sports. Acrodance, even if it is a sports that anyone can do, many times it is not taught in sports club and gym cause the lack of proper structure and knowledge that are needed for the acrobatic formation.

Peculiarity: Acrodance movement are express by song of different types like Classique, jazz, modern, disco... Acrodance is different from hip hop and break dance for its expressivity.

A peculiar character of Acrodance is the transition from expressive movement to acrobatic section. An Acrodance routine must have a significant percentage (over 50%) of choreographic movements over acrobatics sequences.

For example an artistic gym exercise is not considerable Acrodance because it has no choreographic or expressive movement and do not have soft transition between different type of movement.

ACROBATICS ELEMENTS

Acrobatic elements played in an acrodance routine are called Tricks. There are various tricks played in an acrodance routine. Tricks have many different difficulty levels. Tricks types are associated with the number of dancers on stage. An example of this is the cartwheels double tricks that can be played only by a couple of dancers, or group tricks like triple cartwheels or pyramid.

COMMON INDIVIDUAL TRICKS:

Back handspring, Back layout, Back Tuck, Back walkover, Cartwheel, Chin stand, Elbow stand, front aerial, handstand, handwalking, roundoff, side aerial

COMMON DOUBLE TRICKS

Double back walkover, doublecartwheel, pitch tuck

CATEGORIES

Categories are sorted by age categories, number of dancer and sex:

8 - 9 years old: Mini

10 - 12 years old: Youth

13 - 16 years old: Junior

From 17 years old: Senior

Number of dancers: Single, Couple, Trio, Little Group (4 - 7), Big Group (over 8 dancers)

For trios, little group and big group male and female can be in the same group formation.