

Dancing is the loftiest, the most moving, the most beautiful of the arts, because it is not mere translation or abstraction of life, it is life itself.

'Shake it up'

(solo dance competition)



DATE - 15th July 2024 Class -Montessori II



Rules and Guidelines

The participant has to depict Nature and mindfulness through a solo dance performance.

- Costume should be theme appropriate.
- Bollywood songs are not allowed only traditional/western music is allowed.
- Use of 2 props are compulsory.
- Submit labelled pen drive to the class teacher one day prior
- Time limit 2 minutes
- Song should be in MP3 format only.

Evaluation Criteria

- > Expressions
- > Costume
- ➤ Song/Music selection
- > Choreography
- > Props




