

# Tips For Rock'n'Roll Dance Competitors

## From the VRRDA Facebook Page



### Tips For Rock'n'Roll Dance Competitors.

Read the rules and don't be afraid to ask questions.

For the 2019 Victorian State Championships you can email Fiona, the Head Judge, at [Barclay.fionam@gmail.com](mailto:Barclay.fionam@gmail.com) or ring her on 0429 321 128.

State Championships 18 May

Victorian Rock'n'Roll Dance Association  
[www.vrrda.org.au](http://www.vrrda.org.au)

Dancers please SHARE



### Tips For Rock'n'Roll Dance Competitors.

Timing is King. Whilst we want to see you enjoying yourselves out on the floor, it is a competition. Two of the five judges will be assessing Timing and it is the first thing we re-visit for countback purposes.

State Championships 18 May

Victorian Rock'n'Roll Dance Association  
[www.vrrda.org.au](http://www.vrrda.org.au)

Dancers please SHARE



### Tips For Rock'n'Roll Dance Competitors

Smile! Well that's obvious isn't it, but are you actually doing it?

Judges like to see that you are enjoying yourselves. It will also make you look and feel more confident.

State Championships 18 May

Victorian Rock'n'Roll Dance Association  
[www.vrrda.org.au](http://www.vrrda.org.au)

Dancers please SHARE



### Tips For Rock'n'Roll Dance Competitors.

Dress well. We are not giving points for the most expensive outfit but dressing well gives you confidence that you belong out there on the competition floor.

State Championships 18 May

Victorian Rock'n'Roll Dance Association  
[www.vrrda.org.au](http://www.vrrda.org.au)

Dancers please SHARE



### **Tips For Rock'n'Roll Dance Competitors.**

**Showmanship judges will be looking for that X factor that makes you the couple that they don't want to stop watching. Are you enjoying the music and looking great?**

State Championships 18 May

Victorian Rock'n'Roll Dance Association  
[www.vrrda.org.au](http://www.vrrda.org.au)

**Dancers please SHARE**



### **Tips For Rock'n'Roll Dance Competitors.**

**The Technique judges will be looking at how well you dance as a couple, your skill in executing moves, the degree of difficulty of those moves & your ability to interpret the music.**

**Moves should flow without looking like a rehearsed routine.**

State Championships 18 May

Victorian Rock'n'Roll Dance Association  
[www.vrrda.org.au](http://www.vrrda.org.au)

**Dancers please SHARE**



### **Tips For Rock'n'Roll Dance Competitors.**

**Judges will keep assessing you right until the end of the song. So keep your energy levels up, look happy (even if you made a mistake) and keep on dancing!**

State Championships 18 May

Victorian Rock'n'Roll Dance Association  
[www.vrrda.org.au](http://www.vrrda.org.au)

**Dancers please SHARE**