

DISCIPLINES

All disciplines in following Age groups; Under 12, Juniors, Youth & Adults, Masters							
All African Artistic Dance Championships	Solos F+M.	Duos	Couples	Trios	Small Teams	Large teams	Showcases + Super showcases
Artistic One dance Waltz	X	X	X				
Artistic One dance Tango	X	X	X				
Artistic One dance Slowfox	X	X	X				
Artistic One dance Viennese waltz	X	X	X				
Artistic One dance Quickstep	X	X	X				
Artistic One dance Cha-cha-cha	X	X	X				
Artistic One dance Samba	X	X	X				
Artistic One dance Rumba	X	X	X				
Artistic One dance Paso Doble	X	X	X				
Artistic One dance Jive	X	X	X				
Artistic One dance Salsa	X	X	X				
Artistic One dance Bachata	X	X	X				
Artistic One dance Merengue	X	X	X				
Choreographic Dance Show Standard				X	X	X	X Mixed ages
Choreographic Dance Show Latin	X	X	X	X	X	X	X Mixed ages
Choreographic Dance Show Caribbean	X	X	X	X	X	X	X Mixed ages
Choreographed Dance Show All styles	X	X	X	X	X	X	X Mixed ages
Synchronised Dance Show Standard				X	X	X	X Mixed ages
Synchronised Dance Show Latin				X	X	X	X Mixed ages

Synchronised Dance Show Caribbean				x	x	x	X Mixed ages
Synchronised Dance Show All styles				x	x	x	X Mixed ages
Jazz	x	x			x	x	X Mixed ages
Contemporary	x	x			x	x	X Mixed ages
Artistic Dance Show	x	x			x	x	X Mixed ages
Classical Ballet	x	x		x	x		
National Cultural Dancing Ethno Folk				x	x	x	X Mixed ages
Urban Street dance	x	x					
Urban Street Dance Fusion Show				x	x	x	X Mixed ages
3 Dance Standard Beginners & Intermediate dancers. International style W, T, Q			x				
3 Dance Latin Beginners & Intermediate dancers International style C, S, J			x				
5 Dance Standard Elite International style W,T,V,S,Q,			x				
5 Dance Latin Elite International style C,S,R,P,J			x				
TRADITIONAL AFRICAN DANCE DISCIPLINES Under all Traditional Dance performances the following is allowed: 1. Clapping and Stamping 2. Using traditional Music Instruments 3. Using live music 4. Using recorded music 5. Using the voice, singing and lip-sync 6. Using Acrobatics 7. All dancers and all musicians is counted in the Team and must have a valid license.							
AfroBeat Combat (Organiser's music)	x	x	x				
AfroBeat Show dancers own music	x	x	x	x	x	x	X Mixed ages

Artistic African Fusion Show

Traditional dances will be put into a choreographed Artistic Fusion show of the dancers own taste from a selection of the following dances:

Amapiano, Alkayida, Akwaaba, Azonto, Bella, Chocobodi, Etigi, Gweta, Gwara Gwara, Jazze, Kupe, Kpakujemu, Kwasa, Legwork, Maplorly, Network, Odi, Pantsula, Pilolo, Shoki, Skelewa, Sekem, Shaku Shaku, Telli, Woza, Vosho, Zanku, Zuok

Artistic African Fusion Show	X	X	X	X	X	X	X Mixed ages
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National African dances

One Dance competitions with well-known choreographed National dances of different African countries own choice.

National African Dance 1				X Mixed Ages	X Mixed Ages	X Mixed Ages	X Mixed Ages
National African Dance 2				X Mixed Ages	X Mixed Ages	X Mixed Ages	X Mixed Ages
National African Dance 3				X Mixed Ages	X Mixed Ages	X Mixed Ages	X Mixed Ages
National African Dance 4				X Mixed Ages	X Mixed Ages	X Mixed Ages	X Mixed Ages
National African Dance 4				X Mixed Ages	X Mixed Ages	X Mixed Ages	X Mixed Ages