

DISCIPLINES

All disciplines in following Age groups either in:

Beginners Sections (Under 1 year training)

Open Sections (More than 1 year training)

- Mini Kids I (under 6) years Mini Kids II (6-7 years)
- Juveniles I (8-9 years) Juveniles II (10-11 years)
- Junior I (12-13 years) Junior II 14-15 years
- Youth + Adults (16-34 years)
- Masters, 35 and over
- Grand Masters 45 and over

All African Artistic Dance Championships 1-3rd September 2023	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	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				
Student Teacher (One Dance) Ballroom, Latin American & Caribbean	x						
AfroBeat Combat (Organiser's music)	x	x					
AfroBeat Show dancers own music	x	x		x	x	x	X Mixed ages

Artistic African Fusion Show	X	X		X	X	X	X Mixed ages
Seychelles Traditional Moutya, Kanmtole, Creol Fusion, Mardilo & Sega (Organisers Music) except Showdance	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

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. Using Cultural Props**