

## X-Strut Quick Reference Guide

Ave Novice 11-11.4	Ave Beg. 13.5-13.9	Ave Int. 15.5 - 15.9	Ave Adv. 17-7.5	Superior 19+
<b>ROUTINE CONTENT</b>				
Basic technique w/ single, separate skills (kicks, turns, lunges, poses, leaps, jumps) Basic baton movements (flourish, swing, passes)	May attempt more variety of leaps, kicks, foot placement on turns but may lack control & proper technique. Baton movements enhance body movements.	Personalization of style within choreography. Baton work relevant w/ developing body work. More combinations w/ good variety of leaps & kicks.	Balance of the variety of elements demonstrated with precision, proper technique, balance & control of body & baton.	Includes unique element or combinations performed w/ excellence & executed effortlessly.
<b>CHOREOGRAPHY</b>				
Movements not blended & transitions not developed. Little integration of body & baton. Technique lacking. Understands X floor pattern.	May combine two movement skills & add short balance segment. Jump/leap development. Baton work from middle & end of baton. Understands baton pattern.	Personal stylization within movement of choreography. Baton compliments developing body work. Increased variety of body movements within two skill combination.	Choreography maintains flow and balance of baton & body with good technique & amplitude. Personal stylization within movement of choreography.	Superior/perfect technique & full execution of movement. Routine creates audience appeal.
<b>SMOOTHNESS, GRACEFULNESS, TECHNIQUE</b>				
Basic baton handling w/ transitions. Working on proper body alignment, toe point, free hand & correct baton technique.	Baton compliments body within basic baton patterns. Better coordination, flow, posture, body lines & free hand. Emergent amplitude on leaps w/ minor variation.	Better baton pattern, execution of bodylines & transitions. Increased competence & perfection demonstrated within skill base.	Baton in more complex variations blends w/ body. Transitions enhance movements. Proper technique, balance & control is demonstrated throughout.	Flawless performance within the chosen style.
<b>OVERALL TIMING</b>				
Basics of timing. Understanding 8 count corresponding to movement. Hesitations common prior to basic march steps and may be out of step.	Demonstrates freestyle and basic strut portion on beat with some consistency. Improved synchronization of body & baton w/ music.	Good overall timing but due to balance/ body issues, freestyle portion may not have proper timing. Enters & exits corners without hesitation.	Transition between basic strut & freestyle portions w/ fluidity, clarity, & without hesitation. Using phasing to accent the timing of the music.	Demonstrates complete ability of all moves w/ musicality & perfection.
<b>PRESENTATION</b>				
Concentrating on the demands of the body rather than showmanship. Occasional eye contact or smile.	Awareness of projection. Performance skills starting to develop.	Occasional appearances of confidence in performance. Presentation dictated through choreography.	Demonstrating consistent confidence, projection & enthusiasm. Connection made between the athlete and judge.	Professional presence w/ confidence & enthusiasm demonstrated throughout w/ strong audience appeal.