

Slowdance regulations for WDSF Swedish Open Solo 12 of April 2025

The rules are translated from Swedish regulations for highest level in Slowdance Solo "Elit"
Link to Swedish rules: [Swedish rules Slowdance](#)

Slowdance character

Slowdance belongs to the "Disco family" and has its origins from British Freestyle. Slowdance is inspired by Jazz, Modern and Ballet, but since the origin is British Freestyle, speed, explosiveness, big contrasts and drama are very important for the right character. Slowdance should not be confused with Lyrical jazz. Slowdance is danced to slow music, so-called ballads.

The choreography must not have sexual allusion.

Forbidden movements

Limited Acrobatics with at least one hand or other body part on the floor is only allowed in the dancers' "Solospot" in the final. In other heats and rounds, any acrobatics are not allowed.

Steps borrowed from other dance styles must not dominate.

Acrobatics

Limited acrobatics

Low Acrobatics close to the floor or with at least one hand or other body part on the floor,
Exampel: monkey flip, headspring, walk over bridge, somersault, backward roll over shoulder etc.

This is only allowed in solo spot

Acrobatics is defined as when the dancer rotates around their own axis in the air, such as ariel, hand spring, somersault, flick-flack or other types of flips. Acrobatics are not allowed in Slowdance.

Judging criterias

The three judging criterias in Slowdance are Musicality, Technique and Performance

Musicality

The dancers must dance in rhythm and dynamically with musical timing. The dancer must adapt their dance to the music.

Technique

Correct posture, balance, control and positioning of the body. Straight knees and ankles and strong footwork in both basic steps and in technical moments such as kicks, jumps and leaps. Movements with arms and legs must be done with extension that gives long straight lines. The overall impression should be that the dancer dances with ease, elegance, control and flexibility

Performance

The choreography should have a variety of technical movements and forms. Convincing charisma, expression and energy.

Rounds and heats

Rounds up to and including the Semi-final begins with a 1-minute dance with all dancers on the floor. If there are a large number of dancers, the first minute can be divided into several groups.

The dancers should move counterclockwise around the floor. Acrobatics are not allowed.

The dancers are then divided into heats of 1 minute and a maximum of 8 dancers/heat. The dancers should move counterclockwise around the floor. Acrobatics are not allowed

Finals are danced with 6 ± 1 dancer

The final begins with a 30–40 second Solospot by each finalist separately. The Solospot is danced front forward towards the audience. The Solo spot should contain at least 80% dance. Limited acrobatic is allowed but not mandatory.

The finalist has eight counts to leave the floor.

The final ends with a heat where the finalists all dance at the same time counterclockwise around the floor in the same way as in the selection rounds. Acrobatics not allowed

Music

Slowdance is danced to organisers music. Slow music, so-called ballads. Tempo 60-100 bpm. Tempos outside the interval can also occur. The music must have full eights, and short intros of a maximum eight counts. The song can be changed between each heat except for Solospots in Finals.

Heat length of music ± 5 sec.

Clothing regulations

The buttocks and hip area must be fully covered with at least shorts model. This means that the buttocks must not be visible, the pants must fit tightly to the leg and not expose the buttocks at any time during the performance.

Example of what is meant by shorts/hot pants model: A pair of pants that cover the entire bottom and hip and that do not have a rounded cut that goes up on the hip like a swimsuit/dance leotard.

Longer length or long pants are of course allowed.