

C&A Fest 2019 – Solo Dances

1A. 12 and Under Standard Solo:

Nitty Gritty by C&A Social Class

<https://www.copperknob.co.uk/stepsheets/nitty-gritty-ID136258.aspx>

1B. 18 and Under Standard Solo:

4.20 choreographed by Luke Watson

<https://www.copperknob.co.uk/stepsheets/420-ID132187.aspx>

1C. 30 and Over Standard Solo:

Dance with A Stranger – Adrian Lefebour

<https://www.copperknob.co.uk/stepsheets/dance-with-a-stranger-ID130885.aspx>

1Da. Open Standard Solo - NightClub:

Reminiscence by Simon Ward

<https://www.copperknob.co.uk/stepsheets/reminiscence-ID135565.aspx>

1Db. Open Standard Solo - ChaCha:

Woke Up Late by Maddison Glover

<https://www.copperknob.co.uk/stepsheets/woke-up-late-ID136476.aspx>

https://www.youtube.com/watch?v=GqRdFGCANqU&fbclid=IwAR35kNiYDf4dWb7v_cKdnRkTr_avIkNvyfKZm1z2XCQABCUIXotMSlcoZ-M&app=desktop

1E. Open Entertainment Solo Requirements

- Double pirouette
- Balance on one leg for 4 or more counts
- Change of levels – ie lower one knee to floor, low lunge etc
- Sequence of 3 types of turns
- Syncopations/variations in timing
- Presentation to 3 sides
- Styling throughout

*please note can be any one minute of song – song can be cut however must be the one piece of music