



EVALUATION CARD

Spring 2026

STUDENT NAME: Joshua Banegas

TEAM LEVEL: Performance Team

MANDATORY TRAINING	COMMENTS
Intermediate, Performance Team	Work on minimizing the separation between your upper and lower body when it comes to turns and spins. Continue to work on solidifying posture with an erect spine at all times, UNLESS your purposefully doing something like afro cuban etc. Work on creating a looser grip in your "hooks" so you can adapt to follows who stretch away. We recommend privates when possible!

"TRIAL" indicates a 2-week period in the assigned class level where the instructors will observe a new student's ability to keep up with the class to ensure the level is the best fit. Students will only be contacted at the end of the 2-week trial period if the teaching team determines that a level change is necessary. If no contact is made, the student may continue in the assigned class level

SCORES	CRITERIA DESCRIPTION
Salsa On2 Timing & Musicality	Score: 4 About 80% active awareness of the beat and connection to tempo and rhythm; shows consistent timing with minor slips in complicated patterns; interacts well with the musical changes and phrasing.
Connection to Partner & Responsiveness	Score: 4 Solid connection with partner; gives or receives cues well; may show glimpses of "flow state" with their partner Flow State: When you are not actively thinking about figures or "patterns" -- when your body is on auto pilot and simply "flowing" with your partner and the music.
Posture / Alignment & Frame	Score: 4 Strong frame and aligned posture; back is engages; shoulders are down; can hold balance and structure well through movement with correct weight transfer, but may fall off balance at times.
Body Movement & Flow	Score: 4 Smooth, intentional and coordinated body movement with comfort and confidence; need more fluidity and flexibility.
Footwork Precision & Cleanliness	Score: 4 Precise, clean footwork with correct placement; executed with confidence; minor lack of control.

Expression & Styling	Score: 5 Confidence is present in the dance and movement is full of emotion and intention; effortless styling combined with musicality and personal flavor.
Flexibility & Quality of Movement	Score: 4 Good range of motion; movements look mostly fluid and extended; can execute body movement, styling, lines etc. without struggle or loss of control.
Stage Presence & Confidence	Score: 4 Performer shows clear confidence in the routine and ownership of the stage; engages with the audience and other teammates with strong energy.
Team Synchronicity & Formations	Score: 4 Moves with the team confidently and sure of placements; clean transitions between movement and travel alongside teammates; very few corrections in spacing and formation needed.
Execution of Choreography	Score: 4 Mostly crisp, clean, and intentional movement; routine is well-rehearsed and executed confidently; few to no corrections needed.

[Weekly Class Schedule](#)

[Performer Rubric](#)