



EVALUATION CARD

Summer 2026

STUDENT NAME: Julianys Longa

TEAM LEVEL: Performance Team

MANDATORY TRAINING	COMMENTS
Intermediate	LOTS of growth this season - continue to work on the following concepts: Avoid allowing your ribcage to fall out of alignment, avoid raising your shoulders in turns/spins, continue to work on spotting with a full range of motion, continue to explore finding your axis for multiple spins on one foot. For performance, continue to work on tightening your technique and center of gravity for better stability and balance.

"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: 3 Basic posture and alignment is clear and understood; minor misalignment or weight placement issues.
Body Movement & Flow	Score: 4 Smooth, intentional and coordinated body movement with comfort and confidence; need more fluidity and flexibility.
Footwork Precision & Cleanliness	Score: 3 Clean and intentional footwork with minor inconsistencies; may lack control at times.

Expression & Styling	Score: 4 Confident and engaged in trying to add expression; energy and enjoyment is present; styling is enhancing the dance and is not disruptive; may lack cleanliness or connection in musicality.
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: 3 Performer demonstrates an improvement and more natural effort in confidence; expressions and presence are generally appropriate but may lack polishing or full commitment; some connection with audience, but may disengage often.
Team Synchronicity & Formations	Score: 3 Generally synchronized with team movement; maintain approximate spacing and formations, but may lag or speed up when changes and movement are happening; occasional timing or spacing issues.
Execution of Choreography	Score: 3 Executes the routine clearly with minor mistakes; confident in executing sequences.

Performer Rubric