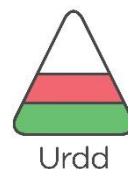


## CANLLAWIAU DAWNSIO HIP HOP/STRYD/ DISGO



1. **Strwythur** - dechrau, canol, diwedd (10%)
2. **Gofod** (10%)  
*Defnydd o ofod personol a chyffredinol a defnydd o lefelau, cyfeiriadau, llwybrau.....  
ymwybyddiaeth gofodol*
- 3.. **Ansawdd y symudiad** (10%)
  - *Dynameg – tempos cyflym ac araf / cyflymdra gwahanol ar gyfer gwahanol llwybrau*
  - *Mynegiant – symudiad yn dod o'r tu fewn i'r tu allan*
  - *Cerddoroldeb*
4. **Gwreiddioldeb** (20%)
5. **Perthnasau** ( 10%)  
*Cyfathrebu rhwng perfformiad,cynulleidfa, cyd - berfformwyr a chyfeiliant*
6. **Perfformiad** ( 30%)  
*Hyder, symudiadau clir(neu eglurder y symudiadau), cywirdeb, presenoldeb, ffocws a ymestyniad, agwedd, egni.*
7. **Coreograffeg.** (10%)  
*Undod/ canon/ ail adrodd/ ABA – ABAC..../retrogradd/ datblygu motiff/ cyferbyniad ac amrywiaeth/ patrymau llawr/ cysylltu a chodi syml a diogel.*

## HIP HOP/ STREET/ DISCO DANCING GUIDELINES

1. **The structure** – beginning, middle, end (10%)
2. **Space** (10%)  
*Use of personal space and general space/use of levels, directions, paths .....  
Spatial awareness*
3. **Quality of movement** (10%)
  - *Dynamic - Slow and fast tempos/different speeds for different pathways*
  - *Expression – movement coming from internal to external*
  - *Musicality*
4. **Originality** ( 20%)
5. **Relationships** (10%)  
*Communication between performance, audience, fellow performers and accompaniment*
6. **Performance** (30%)  
*Confidence, clarity of movement. Accuracy, presence, focus and projection, attitude, energy.*
7. **Choreography** (10%)  
*Unison/ canon/repetition/ABA – ABAC..../retrograde/ motif development/ contrast and variation/ floor patterns/ simple and safe contacts and lifts.*