



LEVEL ONE – STEP ONE

PERFORMER EVALUATION

Performer Name: _____ Date: _____

Heels Together					Feet 1 Inch Off Ground		Head Up		Feet in Time		Standing Tall And Proud	
YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
Quarter Note 1-A to 1-C												
1-A		"A"		100 bpm		YES	NO					
1-B		"B"		110 bpm								
1-C		"C"		120 bpm								
1-A		"A"		100 bpm		YES	NO					
1-B		"B"		110 bpm								
1-C		"C"		120 bpm								
Eighth Note 2-A to 2-F												
2-A	2-B	"A"		100 bpm		YES	NO					
2-C	2-E	"B"		110 bpm								
	2-F	"C"		120 bpm								
2-A	2-B	"A"		100 bpm		YES	NO					
2-C	2-E	"B"		110 bpm								
	2-F	"C"		120 bpm								
Eighth Note 2-G to 2-K												
2-G	2-H	"A"		100 bpm		YES	NO					
2-I	2-J	"B"		110 bpm								
	2-K	"C"		120 bpm								

Successfully Completed Level One Step One **YES** **NO**

Educational Team Name (Print)

Educational Team Name (Signature)