

Required Adjudicator Choice Solos for Provincial Excellence Dance, 2025

BALLET:

Woman's Variation: Juliet's Variation

Choreography: Kenneth MacMillan

Music: Prokofiev

Dancer: Yasmine Naghdi (Royal Ballet)

Link: <https://www.youtube.com/watch?v=FrJ8gxzkW2c>

Note: Dancers should learn from 0:00 – 1:30.

Man's Variation: Mercutio Variation

Choreography: Nicolas Beriosoff

Music: Prokofiev

Dancer: Ruan Galdino (Joburg Ballet)

Link: <https://www.youtube.com/watch?v=dAq75JQzhsE>

MODERN:

Title: **Watermotor (1978)**

Choreographer: Trisha Brown

Description: This playful solo showcases Trisha Brown's unique and virtuosic movement style. Trisha's movement is fluid and sequential as she plays with gravity: falling and catching her weight, and exploring both grounded and weightless qualities.

The choreography appears effortless, as if spontaneously improvised, but is highly specific.

<https://www.youtube.com/watch?v=2-5o8dLaqJ8>

Dancers should learn from 00:35 - 1:58 (This solo is danced in silence)

*Note: The second half of the video shows the dance in slow motion and can be used as a tool to help dancers identify the details and impulses of the movement.

STAGE:

Title: **The Girl from Ipanema**

Choreographer: Al Blackstone

Music: Jobim/Gimbel/de Moraes

<https://www.youtube.com/watch?v=ftdi9TaqTVQ>

Adjudicator's Notes: The piece is set as a duet so dancers should learn the choreography of the taller dancer in the brown pants. There is a standing back tuck in this piece of choreography which is not required from the dancers, and they may make an appropriate modification to showcase their talents (the movement can be substituted for another skill of the dancers' choosing).

Dancers should learn from 00:00 – 1:30