

# RNR

## ROCK AND ROLL

**Immerse Yourself in the Pulsating World of Acrobatic Rock and Roll and Rock and Show!**

### **Acrobatic Rock and Roll: A Mesmerizing Fusion of Energetic Dance and Acrobatics**

Acrobatic rock and roll is not just a dance; it's an adrenaline-pumping sport where dancers weave stories through music at an incredible pace, infused with acrobatic elements. This spectacular sport dance is an excellent way to enhance strength, endurance, rhythm, and coordination, making it an ideal choice for young individuals. Besides the pairs category, you can also conquer the stage in formations of 4-16 people, even as part of an all-female team.

### **Rock and Show: The Captivating Fusion of Show Dance and Rock and Roll**

Rock and Show is a unique dance style created by the 4M Dance Company, blending the dynamic footwork of acrobatic rock and roll with the captivating elements of show dance. Its aim is to create mesmerizing stage productions while elevating the dancers' movement skills to the highest level.

### **Continuous Contact and Acrobatics: The Key Elements**

At the heart of Rock and Show lies continuous contact between the dancers, incorporated into predetermined choreographic elements. Jumps and semi-acrobatics are carefully structured in order of difficulty, ensuring both a visually stunning and safe performance. Dancers only execute controlled elements and semi-acrobatics.

### **Competitions and Categories**

In the IPDSO competition system, Rock and Show has its own category, where you can compete in duets, trios, and formations. Mixed teams are also allowed in formations, enabling you to create captivating choreographies with both boys and girls.