

NZIFSA – 2018 Adult Ice Dance - SHORT & FREE DANCE ELEMENTS –

Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences
SHORT DANCE (OPEN) Time: Max 2:50 Falls: -1.0 Components: SS / TR / PE / CH / IN	Not yet announced	Not yet announced	Not yet announced	<ul style="list-style-type: none"> Argentine Tango <ul style="list-style-type: none"> To Tango Rhythm 94-98 BPM
BRONZE FREE DANCE Time: Max 2:00 Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> Max one Short Lift Maximum: Level 1	<ul style="list-style-type: none"> Max one Spin (No Combination) 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Max one Diagonal Step Sequence in hold <ul style="list-style-type: none"> Style B
SILVER FREE DANCE Time: Max 2:40 Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> Max one Short Lift Maximum: Level 2	<ul style="list-style-type: none"> Max one Spin or Combination spin 	<ul style="list-style-type: none"> Max one set of Synchronized Twizzles: <ul style="list-style-type: none"> Max 3 steps between Twizzles 	<ul style="list-style-type: none"> Max one Circular Step Sequence in hold <ul style="list-style-type: none"> Style B
GOLD/ELITE FREE DANCE Time: Max 3:10 Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> Max one Short Lift and one Combination Lift OR Max three different Short Lifts 	<ul style="list-style-type: none"> Max one Spin or Combination spin 	<ul style="list-style-type: none"> Max one set of Synchronized Twizzles: <ul style="list-style-type: none"> Max 3 steps between Twizzles 	<ul style="list-style-type: none"> Max one Circular Step Sequence in hold <ul style="list-style-type: none"> Style A