

## NZIFSA – 2019 Ice Dance - FREE DANCE ELEMENTS –

Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
<b>JUVENILE</b>  <b>Time:</b> 1:30 (+/- 10 sec)  <b>Falls:</b> -0.5  <b>Components:</b> SS / PE / IN	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>One Choreographic Character Step Sequence</li> </ul>	<ul style="list-style-type: none"> <li>Two Choreographic Elements chosen from               <ul style="list-style-type: none"> <li>Lift</li> <li>Spinning</li> <li>Twizzling</li> <li>Sliding</li> </ul> </li> </ul>
<b>BASIC NOVICE</b>  <b>Time:</b> 2:00 (+/- 10 sec)  <b>Falls:</b> -0.5  <b>Components:</b> SS / PE / IN	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>One Dance Spin Spin or Combination Spin</li> </ul> <p style="text-align: center;"><b>Maximum: Level 1</b></p>	<ul style="list-style-type: none"> <li>One Set of Synchronized Twizzles               <ul style="list-style-type: none"> <li>2-4 steps between</li> <li>Point of contact between twizzles</li> </ul> </li> </ul> <p style="text-align: center;"><b>Maximum: Level 1</b></p>	<ul style="list-style-type: none"> <li>One Choreographic Character Step Sequence</li> </ul>	<ul style="list-style-type: none"> <li>One Choreographic Element chosen from               <ul style="list-style-type: none"> <li>Lift</li> <li>Spinning</li> <li>Twizzling</li> <li>Sliding</li> </ul> </li> </ul>
<b>INTERMEDIATE NOVICE</b>  <b>Time:</b> 2:30 (+/- 10 sec)  <b>Falls:</b> -0.5  <b>Components:</b> SS / PE / IN	<ul style="list-style-type: none"> <li>One Short Lift</li> </ul> <p style="text-align: center;"><b>Maximum: Level 2</b></p>	<ul style="list-style-type: none"> <li>One Dance Spin Spin or Combination Spin</li> </ul> <p style="text-align: center;"><b>Maximum: Level 2</b></p>	<ul style="list-style-type: none"> <li>One Set of Synchronized Twizzles               <ul style="list-style-type: none"> <li>2-4 steps between</li> <li>Point of contact between twizzles</li> </ul> </li> </ul> <p style="text-align: center;"><b>Maximum: Level 2</b></p>	<ul style="list-style-type: none"> <li>One Choreographic Character Step Sequence</li> </ul>	<ul style="list-style-type: none"> <li>One Choreographic Element chosen from               <ul style="list-style-type: none"> <li>Lift</li> <li>Spinning</li> <li>Twizzling</li> <li>Sliding</li> </ul> </li> </ul>

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Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
<b>ADVANCED NOVICE</b>  <b>Time:</b> 3:00 (+/- 10 sec)  <b>Falls:</b> -0.5  <b>Components:</b> SS / TR / PE / IN	<ul style="list-style-type: none"> <li>One Short Lift  <span style="background-color: yellow;">Maximum: Level 3</span> </li> </ul>	<ul style="list-style-type: none"> <li>One Dance Spin                      Spin or Combination Spin   <span style="background-color: yellow;">Maximum: Level 3</span> </li> </ul>	<ul style="list-style-type: none"> <li>One Set of Synchronized Twizzles                      - 2-4 steps between                      - Point of contact between twizzles   <span style="background-color: yellow;">Maximum: Level 3</span> </li> </ul>	<ul style="list-style-type: none"> <li>One step sequence in hold:                      - Style B   <span style="background-color: yellow;">Maximum: Level 3</span> </li> </ul>	<ul style="list-style-type: none"> <li>Two different Choreographic Elements                      - Choose from Lift, Spinning, Twizzling, Sliding or Character Step Sequence                 </li> </ul>
<b>JUNIOR</b>  <b>Time:</b> 3:30 (+/- 10 sec)  <b>Falls:</b> -1.0  <b>Components:</b> SS / TR / PE / CH / IN	<ul style="list-style-type: none"> <li>One Combination Lift  <b>OR</b>                      Two different Short Lifts                 </li> </ul>	<ul style="list-style-type: none"> <li>One Dance Spin                      Spin or Combination Spin                 </li> </ul>	<ul style="list-style-type: none"> <li>One Set of Synchronized Twizzles                      - 2-4 steps between                      - Point of contact between twizzles                 </li> </ul>	<ul style="list-style-type: none"> <li>One step sequence in hold:                      - Style B</li> <li>One One Foot Step Sequence                      - Not touching                 </li> </ul>	<ul style="list-style-type: none"> <li>Two different Choreographic Elements                      - Choose from Lift, Spinning, Twizzling, Sliding or Character Step Sequence                 </li> </ul>
<b>SENIOR</b>  <b>Time:</b> 4:00 (+/- 10 sec)  <b>Falls:</b> -1.0  <b>Components:</b> SS / TR / PE / CH / IN	<ul style="list-style-type: none"> <li>One Combination Lift and one Short Lift  <b>OR</b>                      Three different Short Lifts                 </li> </ul>	<ul style="list-style-type: none"> <li>One Dance Spin                      Spin or Combination Spin                 </li> </ul>	<ul style="list-style-type: none"> <li>One Set of Synchronized Twizzles                      - 2-4 steps between                      - Point of contact between twizzles                 </li> </ul>	<ul style="list-style-type: none"> <li>One step sequence in hold:                      - Style B</li> <li>One One Foot Step Sequence                      - Not touching                 </li> </ul>	<ul style="list-style-type: none"> <li>Three different Choreographic Elements                      - One Character Step Sequence                      - Choose remaining from Lift, Spinning, Twizzling, Sliding                 </li> </ul>