

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

- Junior & Senior – Music from Musicals and/or Operettas

Grade	Lift Elements	Twizzles	Step Sequences	PD Element
<p><b>Junior</b></p> <p><b>Time:</b> 2:50 (+/- 10 sec)</p> <p><b>Falls:</b> -1.0</p> <p><b>Components:</b> SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> <li>• 1 Short Lift               <ul style="list-style-type: none"> <li>- 7 seconds max</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 1 Set of Sequential Twizzles               <ul style="list-style-type: none"> <li>- Max one step between</li> <li>- No contact between twizzles</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 1 Step Sequence in Hold OR Not Touching OR a combination of both               <ul style="list-style-type: none"> <li>- Midline or diagonal</li> <li>- Style B</li> <li>- One stop permitted</li> <li>- No retrogression or loops permitted</li> <li>- Different rhythm to PD Elements</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Two consecutive sections of Tea-Time Foxtrot               <ul style="list-style-type: none"> <li>- To Foxtrot Rhythm</li> <li>- 106-110 BPM</li> <li>- 1TTF then 2TTF</li> <li>- Section 1 skated on judges' side</li> </ul> </li> </ul>
<p><b>Senior</b></p> <p><b>Time:</b> 2:50 (+/- 10 sec)</p> <p><b>Falls:</b> -1.0</p> <p><b>Components:</b> SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> <li>• 1 Short Lift               <ul style="list-style-type: none"> <li>- 7 seconds max</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 1 Set of Sequential Twizzles               <ul style="list-style-type: none"> <li>- Max one step between</li> <li>- No contact between twizzles</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 1 Step Sequence in Hold OR Not Touching OR a combination of both               <ul style="list-style-type: none"> <li>- Midline or diagonal</li> <li>- Style B</li> <li>- One stop permitted</li> <li>- No retrogression or loops permitted</li> <li>- Different rhythm to PD Elements</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One section of Finnstep               <ul style="list-style-type: none"> <li>- To Quickstep, Charleston or Swing Rhythm</li> <li>- 102-106 BPM</li> <li>- Section 1 steps # 1-33</li> </ul> </li> <li>• Followed immediately by one Pattern Dance Type Step Sequence               <ul style="list-style-type: none"> <li>- On the same rhythm and tempo</li> <li>- Concluding at the Short Axis on the Judges' Side</li> </ul> </li> </ul>