

NZIFSA – 2020 Ice Dance - RHYTHM DANCE ELEMENTS –

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

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