

## NZIFSA – 2022 Ice Dance - RHYTHM DANCE ELEMENTS –

- Junior: Tango plus at least one of the following Dance Styles – Paso Doble, Flamenco, Spanish Waltz, Fandango, Bolero, Jota, Sevillanas, Milonga.
- Senior: Latin Dance Styles: At Least Two (2) Different Dance Styles/Rhythms chosen from Salsa, Bachata, Merengue, Mambo, Cha Cha, Rhumba, Samba

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                             <ul style="list-style-type: none"> <li>- Midline or diagonal</li> <li>- Style B</li> <li>- In hold/not touching/both</li> <li>- Different rhythm to PD Elements</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Two sections of Argentine Tango                             <ul style="list-style-type: none"> <li>- To Tango rhythm/style</li> <li>- 94-98 BPM</li> <li>- Consecutively/separately (any order)</li> <li>- 1AT (steps 1-20) on judges' left side, 2AT (steps 21-31) on judges' right side</li> <li>- Hold variations permitted.</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                             <ul style="list-style-type: none"> <li>- Midline or diagonal</li> <li>- Style B</li> <li>- In hold/not touching/both</li> <li>- Different rhythm to PD Elements</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One Pattern Dance Type Step Sequence (Style D)                             <ul style="list-style-type: none"> <li>- Half lap (short axis to short axis)</li> <li>- Starts with a stop</li> <li>- In hold throughout</li> </ul> </li> <li>• One Choreographic Rhythm Sequence                             <ul style="list-style-type: none"> <li>- Along short axis</li> </ul> </li> </ul>