

## NZIFSA – 2025/26 Ice Dance - RHYTHM DANCE ELEMENTS

The theme and music selected for the Rhythm Dances for both Junior and Senior for the season 2025/26 is “The Music, Dance Styles and Feeling of the 1990s”. The Rhythm Dance for the 2025/2026 season takes inspiration from the high energy and entertaining dance styles from this decade. Any music is possible as long as it was released, either originally or as a cover version in the 1990s and fulfills the Rhythm/Theme mentioned above as well as the Required Characteristics mentioned below.

Music Examples (but not limited to): Pop/Street Latin, House/Techno, Hip-Hop, Grunge Rock

Required characteristics: High energy and crowd pleasing, demonstrating the essence of the 1990s

What this season's RD is not: Dance styles including Classical, Contemporary, Traditional Folk and Competition Ballroom.

- Remixed and/or remastered music, including cover versions, is permitted. Music created via AI in the “Style of 1990’s” is also permitted.
- The couple should demonstrate through dance movements/dance holds the feeling/essence and dance style(s) from this decade.
- The Rhythm Dance should NOT be skated in the style of a Free Dance.
- To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

Grade	Lift Elements	Twizzles	Step Sequences	Pattern Dance Element
<b>Junior</b> <b>Time:</b> 2:50 (+/- 10 sec)  <b>Falls:</b> -1.0  <b>Component factor:</b> 1.33	<ul style="list-style-type: none"> <li>• 1 Short Lift</li> <li>- 8 seconds max</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Set of Sequential Twizzles</li> <li>- Max one step between</li> <li>- No contact between twizzles</li> <li>- C feature(s) attempted in RD cannot be repeated in FD</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Step Sequence</li> <li>- Midline or diagonal</li> <li>- Style B</li> <li>- Not touching (&lt;2 arms)</li> <li>- Touching ice permitted (less than 5 seconds)</li> <li>- One stop permitted (less than 5 seconds)</li> <li>- Loops and retrogressions not permitted</li> </ul>	<ul style="list-style-type: none"> <li>• <u>One sequence of Rhumba immediately followed by one sequence of the Quickstep</u></li> <li>- To any dance style from the 90s</li> <li>- <u>Minimum 120 BPM in 2/2, 2/4 or 4/4</u></li> <li>- <u>1RH Steps 1 – 16</u></li> <li>- <u>1QS Steps 1 - 18</u></li> <li>- <u>Step 1 of 1RH skated at Judges left side until step 16 then immediately followed by Step 1 of 1QS on judges right side.</u></li> <li>- <u>Variation of Holds through permitted except Hand in Hand.</u></li> <li>- <u>Tracking between partners optional except during Key Points.</u></li> </ul>

Grade	Lift Elements	Twizzles	Step Sequences	Choreo Rhythm
<b>Senior</b> <b>Time:</b> 2:50 (+/- 10 sec) <b>Falls:</b> -1.0 <b>Component factor:</b> 1.33	<ul style="list-style-type: none"> <li>• 1 Short Lift               <ul style="list-style-type: none"> <li>- 8 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> <li>- C feature(s) attempted in RD cannot be repeated in FD</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>- Not touching (&lt;2 arms)</li> <li>- Touching ice permitted (less than 5 seconds)</li> <li>- One stop permitted (less than 5 seconds)</li> <li>- Loops and retrogressions not permitted</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One Choreographic Rhythm Sequence               <ul style="list-style-type: none"> <li>- Any dance style from the 90s</li> <li>- Short axis barrier to barrier</li> <li>- One separation permitted (&lt;2 arms, &lt;5 secs)</li> <li>- One stop permitted at beginning, <u>during</u> or end (&lt; 5 secs)</li> <li>- Retrogressions and Loops not permitted. <u>Steps around partner during stop is not retrogression.</u></li> </ul> </li> </ul>

### Senior PD Type Step Sequence

- One Pattern Dance Type Step Sequence (Style D)
  - Any dance style from the 90s, minimum 120 BPM, 2/2, 2/4 or 4/4 time
  - Pattern: Circular shape
    1. Starting with a walk around three turns movement around a common axis of at least two rotations by both partners on the Judges' side and crossing the short axis during any of these movements. The first rotation must be performed face to face, any partner may skate forward or backward. There is no restriction of holds / position for the second rotation.
    2. Continuing the PSt, must perform two different difficult turns per partner from: Back entry Rocker, Counter, Back entry Bracket and Forward Outside Mohawk. Only first 2 attempted Different Difficult Turns selected per partner are considered for level.
    3. Concluding the PSt when the couple closing the circular shape in front of the Referee at the short axis by performing a Helicopter type movement.
  - Hold(s): Must remain in contact at all times (except when performing Twizzles as connecting Choreography).
  - Timing: All performed different difficult turns for level must be performed with no more than two beats for the entry edge and two beats for the exit edge.
  - Stops, Separations (except twizzles), Retrogressions, Hand in hand (with full extn), & loops not permitted

#### Helicopter type movement :

A movement skated in any direction with both partners executing double three turns of at least one full revolution at the same time, with the free leg extended and elevated at 45 degrees or higher to the side, back, in front or any combination. Partners may execute this movement in any position around a common axis, for example, face to face, back to back, side by side, etc.

## NZIFSA – 2025/26 Ice Dance – SOLO RHYTHM DANCE ELEMENTS

Grade	Edge Elements	Twizzles	Step Sequences	Pattern Dance Element / Choreo
<p><b>SOLO JUNIOR RHYTHM DANCE</b></p> <p>Time: 2:50 +/- 10</p> <p><b>Falls: -1.0</b></p> <p>Component factor: 1.33</p> <p>The 2025/26 season RD theme is <b>The Music, Dance Styles and Feeling of the 1990s</b></p>	<ul style="list-style-type: none"> <li>• One Short Edge Element                             <ul style="list-style-type: none"> <li>- Held in position for min 3, max 8 sec</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>- C feature attempted in RD cannot be repeated in FD for level (to be ignored by Tech)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 1 Step Sequence                             <ul style="list-style-type: none"> <li>- Style B</li> <li>- Midline or diagonal</li> <li>- Touching ice permitted (less than 5 seconds)</li> <li>- One stop permitted (less than 5 seconds)</li> <li>- Loops and retrogressions not permitted</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One sequence of Rhumba immediately followed by one sequence of the Quickstep                             <ul style="list-style-type: none"> <li>- To any dance style from the 90s</li> <li>- Minimum 120 BPM in 2/2, 2/4 or 4/4</li> <li>- 1RH Steps 1 – 16</li> <li>- 1QS Steps 1 - 18</li> <li>- Step 1 of 1RH skated at Judges left side until step 16 then immediately followed by Step 1 of 1QS on judges right side.</li> </ul> </li> </ul>

<p><b>SOLO SENIOR RHYTHM DANCE</b>  <b>Time:</b> 2:50 +/- 10  <b>Falls:</b> -1.0  <b>Component factor:</b> 1.33</p> <p>The 2025/26 season RD theme is <b>The Music, Dance Styles and Feeling of the 1990s</b></p>	<ul style="list-style-type: none"> <li>• One Short Edge Element <ul style="list-style-type: none"> <li>- Held in position for min 3, max 8 sec</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>- C feature attempted in RD cannot be repeated in FD for level (to be ignored by Tech)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 1 Step Sequence <ul style="list-style-type: none"> <li>- Style B</li> <li>- Midline or diagonal</li> <li>- Touching ice permitted (less than 5 seconds)</li> <li>- One stop permitted (less than 5 seconds)</li> <li>- Loops and retrogressions not permitted</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One Choreographic Rhythm Sequence <ul style="list-style-type: none"> <li>- <u>Any dance style from the 90s</u></li> <li>- Short axis barrier to barrier</li> <li>- One stop permitted at beginning, <u>during</u> or end (&lt; 5 secs)</li> <li>- Retrogressions and Loops not permitted.</li> </ul> </li> </ul>
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**Senior PD Type Step Sequence**

- One Pattern Dance Type Step Sequence (Style D)
  - Any dance style from the 90s, minimum 120 BPM, 2/2, 2/4 or 4/4 time
  - Pattern: Circular shape
    1. Starting with Choreographic Spin (ChSp) for at least three revolutions on two feet or a combination of two feet and one foot but not one foot alone for three revolutions. This ChSp must be performed on the Judges' side and must cross the short axis during the element. This should travel some but part may be in place and not count as a stop.
    2. Continuing the PSt including the four different difficult turns from: Back entry Rocker, Counter, Back entry Bracket and Forward Outside Mohawk
    3. Concluding the PSt when the couple closing the circular shape in front of the Referee at the short axis by performing a Helicopter type movement.
  - Timing: All performed different difficult turns for level must be performed with no more than two beats for the entry edge and two beats for the exit edge for level.
  - Stops, Retrogressions, & loops not permitted

Helicopter type movement :

A movement skated in any direction executing double three turns of at least one full revolution at the same time, with the free leg extended and elevated at 45 degrees or higher to the side, back, in front or any combination.