

Short Dance	LIFTS	STEP SEQUENCES	TWIZZLES	PATTERN DANCE REQUIREMENT	Additional Information
<p align="center">JUNIOR</p> <p align="center">2:50 +/- 10 sec</p>	<p align="center">1 Short Lift</p> <p>Short Lifts are max 6 secs</p> <p align="center">Notes:</p> <p>One Transitional Dance Lift (max 6 secs), but no more, performed optionally after the required Dance Lift.</p> <p>If a 3rd lift is executed, it will be considered by the Technical Panel as an extra element.</p> <p>Transitional Dance Lift to be considered by the Judges in the Choreography component.</p>	<p>1 Not Touching Midline</p> <p>NOT incorporating the set of sequential twizzles</p> <p>The Not Touching Midline Step Sequence must incorporate mirror and/or matching footwork.</p> <p>Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa.</p> <p>The partners should remain as close together as possible, but they must not touch. The distance between the skaters should generally not be more than two arms length apart.</p> <p>Not Permitted Elements:</p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions & loops are not to be included in the step sequence.</p>	<p align="center">1</p> <p>Set of Sequential Twizzles</p> <p>Two twizzles skated simultaneously with up to one step in between twizzles.</p> <p>May be skated anywhere in the program except in the required Midline Not Touching Step Sequence.</p>	<p align="center">2 FULL Sequences of the <u>Cha Cha Congelado</u></p> <p>Both sequences must be skated consecutively, and each will be considered a required element and will receive a level and GOE</p> <p><u>Step #1 of each Pattern Dance Sequence must be skated on a different side of the ice surface.</u></p> <p align="center">Timing:</p> <p>The Pattern Dance Element must be skated in strict time to the music with the start of Step # 1 of each sequence of <u>Cha Cha Congelado</u> on beat 1 of a <u>four measure musical phrase</u>.</p> <p>The Pattern Dance Element must be skated on the <u>Cha Cha Rhythm, in the style of the Cha Cha, with the following range of tempo: 28 to 30 measures of four beats per minute (112-120 beats per minute).</u></p> <p>The tempo of music throughout the Pattern Dance Elements must be constant.</p>	<p align="center">Music requirements:</p> <p align="center"><u>Cha Cha or Cha Cha plus one of the following Latin American Rhythms:</u> <u>Rhumba, Samba, Mambo, Merengue.</u> <u>(Note: Tango and Paso Doble, which are not included in the description, are not allowed.)</u></p> <p>The concept and choreography must produce the feeling of a unified dance. The Pattern Dance Elements may be skated anywhere in the Short Dance and should be integrated into the composition of the dance so that there should not be the feeling that there are just rhythms put together without thought of how they fit together.</p> <p>See Rule 6090 in the U.S. Figure Skating Rulebook for detailed rules for the Short Dance .</p> <p>A spinning movement skated by the couple together in any hold around common axis on one foot (or two feet) with any number of rotations is permitted. A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the Technical Panel.</p> <p>Touching the ice with hand(s) is not permitted</p> <p>See current season's ISU Communication on key points, repeated positions, costume regulations and illegal lifts/elements.</p>

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<p>SENIOR</p> <p>2:50 +/- 10 sec</p>	<p>1 Short Lift</p> <p>Short Lifts are max 6 secs</p> <p>Notes:</p> <p>One Transitional Dance Lift (max 6 secs), but no more, performed optionally after the required Dance Lift.</p> <p>If a 3rd lift is executed it will be considered by the Technical Panel as an extra element.</p> <p>Transitional Dance Lift to be considered by the Judges in the Choreography component.</p>	<p>1 Not Touching Circular</p> <p>The Not Touching Circular Step Sequence must incorporate mirror and/or matching footwork.</p> <p>Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa.</p> <p>The partners should remain as close together as possible, but they must not touch. The distance between the skaters should generally not be more than two arms length apart.</p> <p>Notes:</p> <p><u>This element must be performed in either the clockwise or counterclockwise direction, utilizing the full width of the ice surface on the short axis of the rink.</u></p> <p><u>Performing this element in the clockwise direction does not constitute a violation of Rule 4261, paragraph 1.d) regarding the generally constant direction of the pattern.</u></p> <p>Not Permitted Elements:</p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions & loops are not to be included in the step sequence.</p>	<p>1</p> <p>Set of Sequential Twizzles</p> <p>Two twizzles skated simultaneously with up to one step in between twizzles.</p> <p>May be skated anywhere in the program except in the required Circular Not Touching Step Sequence.</p>	<p>2 FULL Sequences of the Rhumba</p> <p><u>Either skated one after the other or not skated one after the other</u></p> <p>Each sequence will be considered a required element and will receive a level and GOE</p> <p>Step #1 of each Pattern Dance Sequence must be skated on a different side of the ice surface.</p> <p>Timing:</p> <p>The Pattern Dance Element must be skated in strict time to the music with the start of Step # 1 of each sequence of <u>Rhumba</u> on beat 1 of a <u>four measure musical phrase (if the sequences are not skated one after the other). If the sequences are skated one after the other, the second sequence will begin on beat 1 of the fourth measure of a musical phrase.</u></p> <p><u>The Pattern Dance Element can be skated to any of the allowable Latin American Rhythms (both elements to the same rhythm or one element to one rhythm and the second element to a different rhythm), in the style of this (these) rhythm(s), with the following range of tempo: 43 to 45 measures of four beats per minute (172-180 beats per minute). The tempo of the music throughout the Pattern Dance Elements must be constant.</u></p>	<p>Music requirements:</p> <p><u>One to three of the following Latin American Rhythms:</u> <u>Cha Cha, Rhumba, Samba, Mambo, Merengue.</u> <u>(Note: Tango and Paso Doble, which are not included in the description, are not allowed).</u></p> <p>The concept and choreography must produce the feeling of a unified dance. The Pattern Dance Elements may be skated anywhere in the Short Dance and should be integrated into the composition of the dance so that there should not be the feeling that there are just rhythms put together without thought of how they fit together.</p> <p>See Rule 6090 in the U.S. Figure Skating Rulebook for detailed rules for the Short Dance .</p> <p>A spinning movement skated by the couple together in any hold around common axis on one foot (or two feet) with any number of rotations is permitted. A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted steps.</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the Technical Panel.</p> <p>Touching the ice with hand(s) is not permitted</p> <p>See current season's ISU Communication on ley points, repeated positions, costume regulations and illegal lifts/elements.</p>