

Short Dance	LIFTS	STEP SEQUENCES	TWIZZLES	PATTERN DANCE REQUIREMENT	Additional Information
<p style="text-align: center;"><b>JUNIOR</b> 2:50 +/- 10 sec</p>	<p><b>1 Short Lift</b></p> <p>Short Lifts are max 6 secs</p>	<p><b>1 Not Touching Midline Step Sequence or Not Touching Diagonal Step Sequence or Not Touching Circular* Step Sequence</b></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><b>*Notes for Not Touching Circular Step Sequence:</b></p> <p>In accordance with ISU Rule 603, paragraph 4, 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.</p> <p>Performing this element in the clockwise direction does not constitute a violation of ISU Rule 609, paragraph 1.d) regarding the generally constant direction of the pattern.</p> <p><b>Not Permitted Elements:</b></p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops are not to be included in the step sequence.</p>	<p><b>1 Set of Sequential Twizzles</b></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 Not Touching Step Sequence.</p>	<p><b>Two (2) Sequences of Quickstep, either skated one after the other or separately. Step #1 of each sequence must be skated on a different side of the ice surface.</b></p> <p><u>See ISU Communication 1782 for key points.</u></p> <p><b>Timing:</b></p> <p>The Pattern Dance Elements must be skated in strict time to the music with the start of the first step of:</p> <ul style="list-style-type: none"> <li>• Each Pattern Dance Element <u>Quickstep (if they are not skated one after the other); or</u></li> <li>• <u>The first performed Pattern Dance Element Quickstep (if they are skated one after the other);</u></li> </ul> <p>On beat 1 of a four measure musical phrase.</p> <p>Note: as per Communication 1677, paragraph 7.2, a Pattern Dance Element not started on the required beat must be penalized by Judges with a reduction of 0.5 (per Pattern Dance Element) under the mark for Program Components Composition/Choreography.</p> <p><u>The Pattern Dance Elements must be skated on the Quickstep Rhythm, in the style of the Quickstep. The tempo of the music throughout the Pattern Dance Elements must be constant and in accordance with the required tempo of the Pattern Dance Quickstep, i.e. 56 measures of two beats or 112 beats per minute, plus or minus 2 beats per minute.</u></p>	<p><b>Music requirements:</b></p> <p><b>Quickstep or, Quickstep plus one of the following Rhythms: Foxtrot, Charleston.</b></p> <p><b>Quickstep, Foxtrot and Charleston are described in the ISU Ice Dance Music Rhythms Booklet 1995</b></p> <p>The pattern must proceed in a generally constant direction and must not cross the long axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the long axis. <u>However: Crossing the long axis while performing the Not Touching Midline, Diagonal or Circular Step Sequence; performing the Not Touching Circular Step Sequence in the clockwise direction; or, performing one loop within no more than 20 meters of the barrier and crossing the long axis to connect the two Pattern Dance Elements Quickstep in Junior Short Dance do not constitute violations of these provisions.</u></p> <p>After the clock is started with the first movement, the couple must not remain in one place for more than 10 seconds. <u>During the Junior Short Dance, either up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted.</u></p> <p>Note: as per ISU Communication 1677, paragraph 7.2, a violation of full stop restrictions must be penalized by Judges with a reduction of 0.5 (per violation) under the mark for Program Component Composition/Choreography.</p> <p>Any choreography appropriate to the music selection (including a separation of no more than two arms length apart) may be included.</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.</p> <p>See Rule 6090 in the U.S. Figure Skating Rulebook for detailed rules for the Short Dance.</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>

Short Dance	LIFTS	STEP SEQUENCES	TWIZZLES	PATTERN DANCE REQUIREMENT	Additional Information
<p align="center"><b>SENIOR</b></p> <p align="center">2:50 +/- 10 sec</p>	<p><b>1 Short Lift</b></p> <p>Short Lifts are max 6 secs</p>	<p><b>1 Not Touching Midline Step Sequence or <u>Not Touching Diagonal Step Sequence</u> or Not Touching Circular Step Sequence</b></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><b>*Notes for Not Touching Circular Step Sequence:</b></p> <p>In accordance with ISU Rule 603, paragraph 4, 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.</p> <p>Performing this element in the clockwise direction does not constitute a violation of ISU Rule 609, paragraph 1.d) regarding the generally constant direction of the pattern.</p> <p><b>Not Permitted Elements:</b></p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops are not to be included in the step sequence.</p>	<p><b>1 Set of Sequential Twizzles</b></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 Not Touching Step Sequence.</p>	<p><b><u>Two (2) Sections of Finnstep</u></b>  <u>Section 1: Steps # 1-27</u>  <u>Section 2: Steps # 28-70</u></p> <p><u>Sections to be skated one after the other, Section 1 followed by Section 2, with the first side of the pattern skated on the Judges' side.</u></p> <p><u>See ISU Communication 1782 for key points.</u></p> <p><b>Timing:</b></p> <p>The Pattern Dance Elements must be skated in strict time to the music with the start of the first step of each Pattern Dance Element <u>Finnstep Section 1</u> on beat 1 of a four measure musical phrase.</p> <p>Note: as per Communication 1677, paragraph 7.2, a Pattern Dance Element not started on the required beat must be penalized by Judges with a reduction of 0.5 (per Pattern Dance Element) under the mark for Program Components Composition/Choreography.</p> <p><u>The Pattern Dance Elements must be skated on the Quickstep Rhythm, in the style of Quickstep. The tempo of the music throughout the Pattern Dance Elements must be constant and in accordance with the required tempo of the Pattern Dance Finnstep, i.e. 52 measures of two beats or 104 beats per minute, plus or minus 2 beats per minute.</u></p>	<p><b>Music requirements:</b></p> <p><b><u>Quickstep or, Quickstep plus one or two of the following Rhythms: Foxtrot, Charleston, Swing.</u></b></p> <p><b><u>Quickstep, Foxtrot, Charleston and Swing are described in the ISU Ice Dance Music Rhythms Booklet 1995 (Note: the description of Swing covers several different Rhythms, which are acceptable).</u></b></p> <p>The pattern must proceed in a generally constant direction and must not cross the long axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the long axis. <u>However: Crossing the long axis while performing the Not Touching Midline, Diagonal or Circular Step Sequence; or performing the Not Touching Circular Step Sequence in the clockwise direction do not constitute violations of these provisions.</u></p> <p>After the clock is started with the first movement, the couple must not remain in one place for more than 10 seconds. <u>During the Senior Short Dance, up to one full stop (duration must not exceed 5 seconds) is permitted in addition to the stop to perform stationary Steps # 34 to 42 in Pattern Dance Element Finnstep Section 2.</u></p> <p>Note: as per ISU Communication 1677, paragraph 7.2, a violation of full stop restrictions must be penalized by Judges with a reduction of 0.5 (per violation) under the mark for Program Component Composition/Choreography.</p> <p>Any choreography appropriate to the music selection (including a separation of no more than two arms length apart) may be included.</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.</p> <p>See Rule 6090 in the U.S. Figure Skating Rulebook for detailed rules for the Short Dance.</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>