

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>1 Short Lift</p> <p>Short Lifts are max 7 secs</p> <p>May be skated anywhere in the program except in the required Not Touching Step Sequence.</p>	<p>1 Not Touching Step Sequence (Style B*): Midline, Diagonal, Circular or Serpentine</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 arm's length apart.</p> <p><u>The not touching step sequence must be skated to a different rhythm from the Cha Cha.</u></p> <p>*Notes for Not Touching Circular Step Sequence: Rule DG 5.04(B)(2)(a), 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 Rule 6090 (C) regarding the generally constant direction of the pattern.</p> <p>Not Permitted Elements: Loops Pattern retrogressions* (exception below)</p> <p>For 2017/18 season Permitted: <u>*One stop up to 5 sec and Pattern Retrogressions permitted during stop. See ISU Communication #2076 and/or the Additional Information column of this chart.</u> Dance spins and pirouettes are stops.</p>	<p>1 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 Not Touching Step Sequence</p>	<p>Two (2) Sections of Cha Cha Congelado, <u>skated one after the other, Section #1 (steps # 1-17) followed by Section #2 (steps#18-38), with Step #1 skated on the Judges' opposite side.</u></p> <p><u>See ISU Communication #2076 for key points.</u></p> <p>Timing:</p> <p>The PDEs must be skated in strict time to the music with the start of the first step of the Pattern Dance Element <u>Section 1</u> on beat one of a musical phrase.</p> <p>The PDE must be skated on the Cha Cha rhythm in the style of Cha Cha. The tempo of the music throughout the PDE must be constant and in accordance with the required tempo of the pattern dance: Cha Cha, i.e. <u>28 to 30 measures of 4 beats or 112-120 beats per minute.</u></p> <p>The Cha Cha Congelado rhythm is described in the ISU Ice Dance Music Rhythms Booklet 1995.</p>	<p>Music requirements:</p> <p><u>Any number of the following Latin American Rhythms: Cha Cha, Rhumba, Samba, Mambo, Meringue, Salsa, Bachata and any closely related Latin American Rhythms.</u></p> <p><u>For season 2017-18 After the clock is started with the first movement, the couple must not remain in one place for more than 10 seconds during the program:</u></p> <p><u>Permitted stops (junior) 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. During a stop the couple may or may not touch each other and choreography may be stationary or slightly moving any direction. Stop options include:</u></p> <ul style="list-style-type: none"> - <u>A permitted stop up to 5 secs in Not touching step sequence</u> - <u>A permitted stop may be used anywhere in the program excluding within the Pattern Dance Element</u> - <u>A Choreographic Spinning Movement which travels with not be considered a stop</u> <p>Note: A violation of stop restrictions, pattern restrictions, touching the ice and separations must be penalized by judges for violation of choreographic restrictions.</p> <p>See Rule 6090 in the U.S. Figure Skating Rulebook for detailed rules for the short dance.</p>

Short Dance	LIFTS	STEP SEQUENCES	TWIZZLES	PATTERN DANCE ELEMENT	ADDITIONAL INFORMATION
<p>SENIOR</p> <p>2:50 +/- 10 sec</p>	<p>1 Short Lift</p> <p>Short Lifts are max 7 secs</p> <p>May be skated anywhere in the program except in the required Not Touching Step Sequence or in the Pattern Dance Type Step Sequence.</p>	<p>1 Not Touching (Style B*): Midline, Diagonal, Circular or Serpentine and 1 Pattern Dance Type Step Sequence</p> <p>1 Not Touching Step Sequence (Style 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 arm's length apart.</p> <p>*Notes for Not Touching Circular Step Sequence: Rule DG 5.04(B)(2)(a), 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 Rule 6090 (C) regarding the generally constant direction of the pattern.</p> <p>Not Permitted Elements: Loops Pattern retrogressions* (exception below)</p> <p>For 2017-18 season Permitted: <u>*One stop up to 5 sec and Pattern Retrogressions permitted during stop. See ISU Communication #2076 and/or the Additional Information column of this chart.</u></p> <p>One (1) Pattern Dance Type Step Sequence in Hold: - Pattern: <u>Up to one full circuit of the ice surface and must start on beat one of a musical measure. PSt may not start from the beginning of the program.</u> Options indicating beginning of PSt: <u>1) Using one of the permitted stops, after which the couple takes the first step in a foxtrot hold indicating the first step of the PSt; 2) Performing a skidding movement within two measures of music after the last step of the PDE (Step #4). The first step immediately after the skidding movement will indicate the starting point of PSt and must be in foxtrot hold or variation of foxtrot hold.</u> Options indicating completion of PSt: <u>1) performing one of the permitted stops; 2) a skidding movement not exceeding one measure of music; duration any number of beats permitted 3)ChSp which travels will not be considered as a stop; ChSp which becomes stationary and is performed on the spot will be considered as a stop.</u> - Duration: any exact number of musical phrases. - Holds: by exception to Rule 6090 (E), hand-in-hand hold with extended arms cannot be established, and partners must remain in contact at all times, even during changes of holds and twizzles. Stops, Pattern Retrogressions, Loops and Separations not permitted in PSt. Dance spins and pirouettes are stops.</p>	<p>1 Set</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 Not Touching Step Sequence or Pattern Dance Type Step Sequence.</p>	<p>One (1) Section of Rhumba comprised of steps # 1-16 + steps # 1-4.</p> <p><u>Step # 1 to be skated on the Judges' left side.</u></p> <p>See ISU Communication #2076 for key points.</p> <p>Timing: The PDE must be skated in strict time to the music with the start of the first step of the Pattern Dance Element <u>Section 1</u> on beat one of a musical phrase.</p> <p><u>The Pattern Dance Element shall be skated to any of the Latin American Rhythms and must be in the style of the chosen rhythm, with the range of tempo: 172-180 beats per minute.</u></p> <p>The tempo of the music throughout the Pattern Dance Element must be constant.</p> <p>The Rhumba rhythm is described in the ISU Ice Dance Music Rhythms Booklet 1995.</p>	<p>Music requirements: <u>Any number of the following Latin American Rhythms: Cha Cha, Rhumba, Samba, Mambo, Meringue, Salsa, Bachata and any closely related Latin American Rhythms.</u></p> <p><u>For season 2017-18 After the clock is started with the first movement, the couple must not remain in one place for more than 10 seconds during the program:</u></p> <p><u>Permitted stops (senior) 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. During a stop the couple may or may not touch each other and choreography may be stationary or slightly moving any direction. Stop options include:</u></p> <ul style="list-style-type: none"> - <u>A permitted stop up to 5 secs in not touching step sequence</u> - <u>A permitted stop may be used to indicate the starting point of the PSt</u> - <u>A permitted stop may be used to indicate the completion of the PSt</u> - <u>A permitted stop may be used anywhere in the program excluding within the Pattern Dance Element or within the PSt (a stop is only allowed at the beginning or end of the PSt)</u> - <u>A Choreographic Spinning Movement which travels will not be considered a stop</u> <p>Note: A violation of stop restrictions, pattern restrictions, touching the ice and separations must be penalized by judges for violation of choreographic restrictions</p> <p>See Rule 6090 in the U.S. Figure Skating Rulebook for detailed rules for the short dance.</p>