



2008-2009 ORIGINAL DANCE

Original Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p>JUNIOR & SENIOR 2:30 +/- 10 seconds</p> <p>Rhythms and Dances of the 1920's, 1930's or 1940's</p>	<p style="text-align: center;">Max 2</p> <p>2 different types of Short Lifts (max 6 seconds) Long Lifts not permitted 2nd Lift optional – see Note below.</p> <p style="text-align: center;">Note: The first performed lift only will be identified and considered in determining level of difficulty. The 2nd lift is optional and, if performed, will be considered by the judges in marking Choreography.</p> <p style="text-align: center;">See Additional Information column regarding Combined Dance Spin & Lift</p>	<p style="text-align: center;">Max 1</p> <p>Spin – min 3 revs on one foot by both partners</p> <p>Combination Spin is <u>not</u> permitted.</p> <p style="text-align: center;">See Additional Information column regarding Combined Dance Spin & Lift</p>	<p style="text-align: center;">Max 2</p> <p>1 Midline Not Touching Covering the Full length of the ice surface.</p> <p style="text-align: center;">Must incorporate mirror and/or matching footwork. 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 must not touch. Distance between partners should be generally no more than 2 arms lengths apart.</p> <p style="text-align: center;">AND</p> <p>One (1) Step Sequence in hold selected from: Diagonal or Circular Diagonal – skated as fully corner to corner as possible Circular - Utilizing the full width of ice surface on the short axis of the rink.</p> <p style="text-align: center;">Use of variety of dance holds except no hand in hand hold in sustained position with fully extended arms.</p> <p>Any separation to change hold must not exceed one measure of music.</p> <p>Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern retrogressions or loops are <u>not</u> permitted in either step seq.</p>	<p style="text-align: center;">Max 1</p> <p>One set of Sequential Twizzles</p> <p>Up to one step in between twizzles.</p> <p>No stop(s) allowed before and/or between twizzles.</p> <p style="text-align: center;">The set of sequential twizzles may be skated in any part of the program except in the required step sequences.</p>	<p style="text-align: center;">See ISU Communication <u>1522</u> on repeated positions and illegal lifts/elements.</p> <p>One (1) stop of 10 sec. duration or 2 stops each of 5 sec. duration are permitted</p> <p><u>Hops and jumps of ½ rotation which may be executed by both partners simultaneously are permitted.</u></p> <p><u>Jumps of one rotation are permitted but may not be performed simultaneously. These one rotation jumps are not permitted in either step sequence.</u></p> <p>Kneeling and sliding on 2 knees are permitted if not used excessively.</p> <p>One (1) combined dance spin & lift permitted but are to be counted as separate elements: i.e., as one of the permitted lifts and one dance spin.</p> <p style="text-align: center;">Touching of ice by hand(s) is not permitted</p> <p style="text-align: center;"><u>Illegal elements:</u></p> <p><u>Jumps of one (1) full rotation performed simultaneously</u></p> <p><u>Jumps of more than one (1) rotation</u></p> <p>If deemed excessive – Kneeling and sliding on 2 knees</p> <p>Lying on the ice</p>