



# NATIONAL TECHNICAL COMMITTEE

NTC COMMUNICATION NO:

**ID\_S\_02-2020**

**15 August 2020**

## DIVISION B

### SOLO ICE DANCE

#### SECTION REQUIREMENTS FOR THE 2020/2021 SEASON

##### (A) PRE-NOVICE SOLO DANCE:

Pattern Dance Selection for Pre-Novice Solo Dance:

	Cape Interprov	Gauteng Interprov	KwaZulu/Natal Interprov	National Championships
1	Dutch Waltz	Tango Canasta	Rhythm Blues	Tango Canasta
2	Tango Canasta	Rhythm Blues	Dutch Waltz	Rhythm Blues

**Dutch Waltz:** Set Pattern Dance (for 2 sequences)

Key Point: Step 5, Left Forward Outside Swing Roll

Bullet Point: Correct Edge

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-16	16	2	4	6	8	10	12	13	14

**Tango Canasta:** Set Pattern Dance (for 3 sequences)

Key Point: Step 8, Right Forward Outside Swing Roll

Bullet Point: Correct Edge

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-14	14	1	4	6	7	9	11	12	13

**Rhythm Blues:** Set Pattern Dance (for 3 sequences)

Key Point: Step 9, Right Left Forward Inside Swing Roll

Bullet Point: Correct Edge

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-16	16	2	4	6	8	10	12	13	14

<p><b>Pre-Novice Solo Free Dance: 1:40 +/- 10 seconds</b></p> <p><b>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF TEN (10) SECONDS AT THE BEGINNING OF THE PROGRAM</b></p> <p><b># of Expected Program Blocks: 4</b></p>	
<b>Edge Element</b>	Only one (1) short edge element. The edge element must be held <b>in position</b> for a minimum of three (3) seconds but cannot exceed seven (7) seconds.
<b>Dance Spin (max Level 2)</b>	Only one (1) Dance Spin. Minimum of three (3) revolutions on only one (1) foot. Dance Spin Combinations and Flying Spin entries are not permitted.
<b>Choreographic Step Sequence</b>	One (1) Step Sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include three-turns and Mohawks. <b>Not permitted elements:</b> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins and pirouettes.
<b>Twizzle Series</b>	One (1) Twizzle series consisting of one (1) Twizzle on each foot and with no more than three (3) steps between the Twizzles.

**(B) INTERMEDIATE NOVICE SOLO DANCE:**

**Pattern Dance Selection for Intermediate Novice Solo Dance:**

	Cape Interprov	Gauteng Interprov	KwaZulu/Natal Interprov	National Championships
<b>1</b>	<b>Fourteen Step</b>	<b>European Waltz</b>	<b>Foxtrot</b>	<b>Tango</b>
<b>2</b>	<b>European Waltz</b>	<b>Foxtrot</b>	<b>Tango</b>	<b>Fourteen Step</b>

**Fourteen Step: Set Pattern Dance (for 4 sequences)**  
 Key Point: Steps 1-4, (RBO, LBI-Pr, RBO, LBO-SwR)  
 Bullet Point: Correct Edges and Progressives and Swing of Free Leg

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-14	14	1	4	6	7	9	11	12	13

**European Waltz: Optional Pattern Dance (for 2 sequences)**  
 Key Point: Steps 6-8, (RBO, LBO, FRO3)  
 Bullet Point: Correct Edge and correct Turn.

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-18	18	2	5	7	9	11	14	15	16

**Foxtrot:** **Optional Pattern Dance (for 4 sequences)**  
 Key Point: Steps 11-14, (LFO CIMo, RBO, LFI, RFI)  
 Bullet Point: Correct Edges and Correct Turn and correct placement of free-foot on Closed Mohawk

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-14	14	1	4	6	7	9	11	12	13

**Tango:** **Optional Pattern Dance (for 2 sequences)**  
 Key Point: Steps 20-21, (RFO Sw-CIMo, LBO-SwR)  
 Bullet Point: Correct Edges and Correct Turn and correct placement of free-foot on Closed Mohawk

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-22	22	2	6	9	11	13	17	18	20

<b>Intermediate Novice Solo Free Dance: 1:50 +/- 10 seconds</b>  <b>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF TEN (10) SECONDS AT THE BEGINNING OF THE PROGRAM</b>  <b># of Expected Program Blocks: 5</b>	
<b>Edge Element</b>	Only one (1) short edge element. The edge element must be held <b>in position</b> for a minimum of three (3) seconds but cannot exceed seven (7) seconds.
<b>Dance Spin (max Level 2)</b>	Only one (1) Dance Spin. Minimum of three (3) revolutions on only one (1) foot. Dance Spin Combinations and Flying Spin entries are not permitted.
<b>Step Sequence</b>	One (1) Step Sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include three-turns, Mohawks and Brackets.  <b>Not permitted elements:</b> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins and pirouettes.
<b>Twizzle Series</b>	One (1) Twizzle series consisting of one (1) Twizzle on each foot and with no more than three (3) steps between the Twizzles.
<b>Choreographic Character Step</b>	Must be placed around the short axis and proceed from barrier to barrier. Must commence with a full stop at either long barrier. May be performed at any point in the program.

## (C) ADVANCED NOVICE SOLO DANCE:

### Pattern Dance Selection for Advanced Novice Solo Dance:

	Cape Interprov	Gauteng Interprov	KwaZulu/Natal Interprov	National Championships
1	Starlight Waltz	Blues	Killian	American Waltz
2	Blues	Killian	American Waltz	Rocker Foxtrot

**Starlight Waltz: Set Pattern Dance (for 2 sequences)**

Key Point 1: Steps 16-17, (LFO CIMo, RBO)

Bullet Point: Correct Edges and Correct Turn and correct placement of free-foot on Closed Mohawk

Key Point 2: Steps 21-22, (LFI OpMo, RBI)

Bullet Point: Correct Edges and Correct Turn and correct placement of free-foot on Open Mohawk

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-17	17	2	4	7	9	10	13	14	15
2 section	18-32	15	2	4	6	8	9	11	12	14

**Blues: Optional Pattern Dance (for 3 sequences)**

Key Point: Steps 12-13, (LFI CCho, RBO)

Bullet Point: Correct Edges and Correct Turn and correct placement of free-foot on Closed Choctaw

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-17	17	2	4	7	9	10	13	14	15

**Killian: Optional Pattern Dance (for 6 sequences)**

Key Point: Steps 3-4, (LFO, RFO)

Bullet Point: Correct Edges

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-14	14	1	4	6	7	9	11	12	13

**American Waltz: Set Pattern Dance (for 2 sequences)**

Key Point: Step 11, (LFO-Sw3)

Bullet Point: Correct Turn

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-16	16	2	4	6	8	10	12	13	14

**Rocker Foxtrot: Set Pattern Dance (for 4 sequences)**

Key Point: Step 5, (LFO-SwRk)

Bullet Point: Correct Edge and Correct Turn and correct placement of free-leg on Swing Rocker

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-14	14	1	4	6	7	9	11	12	13

<p style="text-align: center;"><b>Advanced Novice Solo Free Dance: 2:00 +/- 10 seconds</b></p> <p style="text-align: center;"><b>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF TEN (10) SECONDS AT THE BEGINNING OF THE PROGRAM</b></p> <p style="text-align: center;"><b># of Expected Program Blocks: 6</b></p>	
<b>Edge Elements</b>	<p>Only two (2) short edge elements. The edge elements must be held <b>in position</b> for a minimum of three (3) seconds but cannot exceed seven (7) seconds.</p> <p>Edge Elements should have different positions so they would create two completely different pictures.</p>
<b>Dance Spin (max Level 3)</b>	<p>Only one (1) Dance Spin or Combination Dance Spin. Minimum of three (3) revolutions on each foot. Flying Spin entries are not permitted.</p>
<b>Step Sequence</b>	<p>One (1) Step Sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include three-turns, Mohawks, Brackets and Counters.</p> <p><b>Not permitted elements:</b> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins and pirouettes.</p>
<b>Twizzle Series</b>	<p>One (1) Twizzle series consisting of at least one (1) Twizzle on each foot and with no more than three (3) steps between the Twizzles. The Twizzles must have a different entry edge and direction of rotation.</p>
<b>Choreographic Character Step</b>	<p>Must be placed around the short axis and proceed from barrier to barrier.</p> <p>Must commence with a full stop at either long barrier.</p> <p>May be performed at any point in the program.</p>

## (D) JUNIOR SOLO DANCE:

<p><b>Junior Solo Rhythm Dance: 2:10 +/- 10 seconds</b></p> <p><b>Music Requirements:</b> Musicals and/or Operettas.</p> <p>ALL selected music should be recognized as from one of the following Rhythms:            1) Quickstep 2) Blues 3) March 4) Polka 5) Foxtrot 6) Swing 7) Charleston 8) Waltz</p> <p><b># of Expected Program Blocks: 5</b></p>	
<b>Edge Element</b>	<p>Only one (1) short edge element. The edge element must be held <b>in position</b> for a minimum of three (3) seconds but cannot exceed seven (7) seconds.</p>
<b>Step Sequence</b>	<p>One (1) Step Sequence from the following list: midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns.</p> <p><b>Not permitted elements:</b> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins and pirouettes.</p> <p>Note: The step sequence must be skated to a different rhythm than that of the Tea-Time Foxtrot (any of the other 7 rhythms listed above).</p>
<b>Twizzle Series</b>	<p>One set of sequential Twizzles. Two Twizzles skated one right after the other with up to one (1) step in between the Twizzles. May be skated anywhere in the program except in the required Step Sequence. Twizzles must have a different entry edge and direction of rotation.</p>
<b>Pattern Dance Element</b>	<p>Two (2) sections of the Tea-Time Foxtrot skated one right after the other, Section 1 (steps #1 – 31), followed by Section 2 (steps #32-54). The Ladies steps shall be skated by all competitors.</p> <p>Timing: The PDEs must be skated in strict time to the music. The first step of the dance begins on beat one of a musical phrase.</p> <p>The PDE must skated to the Foxtrot rhythm in the Foxtrot style.</p> <p>The range of tempo: 106 to 110 beats per minute. <b>The dance must be timed so that 1 pattern, which is 26 measures of 4 beats, falls between 56.7 seconds and 58.9 seconds.</b></p> <p><b>Step 15</b> will not require a dip and the skater may choose any position to match the style of the music during the change of edge.</p> <p>Foxtrot music can be chosen outside of Musical/Operetta. Ballroom music selections in the style of a Foxtrot are allowed even when not from a musical and/or operetta.</p> <p>The tempo of the music of the Pattern Dance Element must remain constant throughout.</p>
<b>Additional Information</b>	<p>The music can be a play (on the stage) or film in which music, singing and/or dancing play an essential part "to tell the story". Juke Box Musicals are allowed (Examples - Mamma Mia, Jersey Boys), movie soundtracks which are not movie musicals such as Mr. and Mrs. Smith, A Star is Born or soundtrack music from Star Wars, James Bond are "compilations of music/songs/tracks" and not a "musical".</p>

**Tea Time Foxtrot: Junior Pattern Dance Element (for 1 sequence)**

Key Point (Section 1): Step 27, Cross Right Forward Outside Swing Rocker

Bullet Point: Correct Edge, Correct Cross, Correct Turn

Key Point (Section 2): Step 44, Right Forward Outside Bracket

Bullet Point: Correct Turn

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-31	33	3	8	13	16	20	25	26	30
2 section	32-54	24	2	6	10	12	14	18	19	22

<p><b>Junior Solo Free Dance: 2:20 +/- 10 seconds</b></p> <p><b>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF TEN (10) SECONDS AT THE BEGINNING OF THE PROGRAM</b></p> <p><b>Music must have a change of tempo and/or expression.</b></p> <p><b># of Expected Program Blocks: 6-7</b></p>	
<b>Edge Elements</b>	<p>Two options:</p> <ol style="list-style-type: none"> <li>1) One (1) Combination Edge Element or;</li> <li>2) Two (2) different Short Edge elements with different positions.</li> </ol> <p>Notes: Each Short Edge Element should have different positions so they would create two completely different pictures. A position may be repeated in both sides of a Combination Edge Element only.</p> <p>Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds.</p>
<b>Dance Spin (max Level 4)</b>	<p>Only one (1) Dance Spin or Combination Dance Spin. Minimum of three (3) revolutions on each foot. Flying Spin entries are not permitted.</p>
<b>Step Sequence</b>	<p>One (1) Step Sequence from the following list: serpentine, circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include Brackets, Rockers, Choctaws and Counters.</p> <p><b>Not permitted elements:</b> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins and pirouettes.</p>
<b>Twizzle Series</b>	<p>One (1) Twizzle series consisting of at least one (1) Twizzle on each foot and with no more than three (3) steps between the Twizzles. The Twizzles must have a different entry edge and direction of rotation.</p>
<b>Choreographic Character Step</b>	<p>Must be placed around the short axis and proceed from barrier to barrier.</p> <p>Must commence with a full stop at either long barrier.</p> <p>May be performed at any point in the program.</p>
<b>Choreographic Sliding Movement</b>	<p>May be performed at any point in the program.</p>

## (E) SENIOR SOLO DANCE:

<p><b>Senior Solo Rhythm Dance: 2:10 +/- 10 seconds</b></p> <p><b>Music Requirements:</b> Musicals and/or Operettas.</p> <p>ALL selected music should be recognized as from one of the following Rhythms:            1) Quickstep 2) Blues 3) March 4) Polka 5) Foxtrot 6) Swing 7) Charleston 8) Waltz</p> <p><b># of Expected Program Blocks: 5</b></p>	
<b>Edge Element</b>	<p>Only one (1) short edge element. The edge element must be held <b>in position</b> for a minimum of three (3) seconds but cannot exceed seven (7) seconds.</p>
<b>Step Sequence</b>	<p>One (1) Step Sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns.</p> <p><b>Not permitted elements:</b> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins and pirouettes.</p> <p>Note: The step sequence must be skated to a different rhythm than that of the Finnstep (any of the other 7 rhythms listed above).</p>
<b>Twizzle Series</b>	<p>One set of sequential Twizzles. Two Twizzles skated one right after the other with up to one (1) step in between the Twizzles. May be skated anywhere in the program except in the required Step Sequence. Twizzles must have a different entry edge and direction of rotation.</p>
<b>Pattern Dance Element</b>	<p>Two (2) sections of Finnstep skated one right after the other, Section 1 (steps #1 – 33), followed by Section 2 (steps #46-70). The stop section between Section 1 and Section 2 may be the unique creation of the skater beginning after the slide at the end of step 33. These steps must remain in place and take exactly 4 measures of 4 beats with the first step of Section 2 starting on beat one of the 5<sup>th</sup> measure.</p> <p>Step 33 - A brief touchdown by the left foot between the twizzle and the slide in to stop is allowed as there's no partner to help check the position.</p> <p>Timing: The PDEs must be skated in strict time to the music. The first step of the dance begins on beat one of a musical phrase.</p> <p>The PDE must skated to one of the following rhythms: Quickstep, Charleston or Swing.</p> <p>The range of tempo: 102 to 106 beats per minute. <b>The dance must be timed so that 1 pattern, which is 18 measures of 4 beats falls between 40.75 seconds and 42.35 seconds.</b></p> <p>The tempo of the music of the Pattern Dance Element must remain constant throughout.</p>
<b>Additional Information</b>	<p>The music can be a play (on the stage) or film in which music, singing and/or dancing play an essential part "to tell the story". Juke Box Musicals are allowed (Examples - Mamma Mia, Jersey Boys), movie soundtracks which are not movie musicals such as Mr. and Mrs. Smith, A Star is Born or soundtrack music from Star Wars, James Bond are "compilations of music/songs/tracks" and not a "musical".</p>



**Finnstep: Senior Pattern Dance Element (for 1 sequence)**

Key Point (Section 1): Step 21, Right Back Inside Twizzle

Bullet Point: Correct Turn

Key Point (Section 2): Steps 64 &amp; 65, Left Forward Inside Closed Choctaw to a Right Back Outside 3 turn and Right Forward Inside 1 ½ Twizzle

Bullet Point: Correct Turns

Section	Steps	# of Steps	10%	25%	40%	50%	60%	75%	80%	90%
1 section	1-33	35	3	9	14	17	21	26	28	31
2 section	46-70	26	3	7	10	13	16	20	21	23

<b>Senior Solo Free Dance: 2:40 +/- 10 seconds</b> <b>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF TEN (10) SECONDS AT THE BEGINNING OF THE PROGRAM</b> <b>Music must have a change of tempo and/or expression.</b> <b># of Expected Program Blocks: 7-8</b>	
<b>Edge Elements</b>	<p>Two options:</p> <p>1) One (1) Combination Edge Element plus one (1) Short Edge Element or;</p> <p>2) Three (3) different Short Edge Elements with different positions.</p> <p>Notes: Each Short Edge Element should have different positions so they would create two completely different pictures. A position may be repeated in both sides of a Combination Edge Element only.</p> <p>Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds.</p>
<b>Dance Spin (max Level 4)</b>	Only one (1) Dance Spin or Combination Dance Spin. Minimum of three (3) revolutions on each foot. Flying Spin entries are not permitted.
<b>Step Sequence</b>	<p>One (1) Step Sequence from the following list: serpentine, circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include Brackets, Rockers, Choctaws and Counters.</p> <p><b>Not permitted elements:</b> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins and pirouettes.</p>
<b>Twizzle Series</b>	One (1) Twizzle series consisting of at least one (1) Twizzle on each foot and with no more than three (3) steps between the Twizzles. The Twizzles must have a different entry edge and direction of rotation.
<b>Choreographic Character Step</b>	<p>Must be placed around the short axis and proceed from barrier to barrier.</p> <p>Must commence with a full stop at either long barrier.</p> <p>May be performed at any point in the program.</p>
<b>Choreographic Sliding Movement</b>	May be performed at any point in the program.



## (F) GOLD OPEN COUPLES AND SOLO DANCE:

In order to compete in the Gold Open Couples or Solo Ice Dance section, each member of the Couple or the Soloist Ice Dancer must have passed the Skating Skills 2 Test and have passed the Silver Pattern Dance Test.

<p><b>Gold Open Solo Free Dance: 2:20 +/- 10 seconds</b></p> <p><b>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF TEN (10) SECONDS AT THE BEGINNING OF THE PROGRAM</b></p> <p><b>Music must have a change of tempo and/or expression.</b></p> <p><b># of Expected Program Blocks: 6-7</b></p>	
<b>Edge Elements</b>	<p>Two options:</p> <ol style="list-style-type: none"> <li>1) One (1) Combination Edge Element or;</li> <li>2) Two (2) different Short Edge elements with different positions.</li> </ol> <p>Notes: Each Short Edge Element should have different positions so they would create two completely different pictures. A position may be repeated in both sides of a Combination Edge Element only.</p> <p>Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds.</p>
<b>Dance Spin (max Level 4)</b>	<p>Only one (1) Dance Spin or Combination Dance Spin. Minimum of three (3) revolutions on each foot. Flying Spin entries are not permitted.</p>
<b>Step Sequence</b>	<p>One (1) Step Sequence from the following list: serpentine, circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include Brackets, Rockers, Choctaws and Counters.</p> <p><b>Not permitted elements:</b> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins and pirouettes.</p>
<b>Twizzle Series</b>	<p>One (1) Twizzle series consisting of at least one (1) Twizzle on each foot and with no more than three (3) steps between the Twizzles. The Twizzles must have a different entry edge and direction of rotation.</p>
<b>Choreographic Character Step</b>	<p>Must be placed around the short axis and proceed from barrier to barrier.</p> <p>Must commence with a full stop at either long barrier.</p> <p>May be performed at any point in the program.</p>
<b>Choreographic Sliding Movement</b>	<p>May be performed at any point in the program.</p>

**Gold Open Couples Free Dance: 3:30 +/- 10 seconds**

**MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF TEN (10) SECONDS AT THE BEGINNING OF THE PROGRAM**

**Music must have a change of tempo and/or expression.**

**# of Expected Program Blocks: 7-8**

<b>Lift Elements</b>	Two options: 1) One (1) Combination Lift Element or; 2) Two (2) different Short Lift elements with different positions.  Notes: Each Short Lift Element should have different positions so they would create two completely different pictures. A position may be repeated in both sides of a Combination Lift Element only.  Combination Lift may not exceed 12 seconds in total. Short Lift elements may not exceed 7 seconds.
<b>Dance Spin (max Level 4)</b>	Only one (1) Dance Spin or Combination Dance Spin. Minimum of three (3) revolutions on each foot. Flying Spin entries are not permitted.
<b>Step Sequence 1</b>	<b>One (1) Step Sequence in Hold Style B</b> from the following list: serpentine, circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include Brackets, Rockers, Choctaws and Counters. <b>Not permitted elements:</b> 1 x Retrogression permitted, No stops or loops. No Hand-in-Hand with fully extended arms position permitted
<b>Step Sequence 2</b>	<b>One (1) One-Foot Step Sequence Not Touching</b>
<b>Synchronised Twizzles</b>	One (1) Set of Synchronised Twizzles.
<b>Choreographic Element 1</b>	From Choreographic Lift, Spinning Movement, Twizzling Movement, Sliding Movement or Character Step Sequence. Cannot be the same as Choreographic Element 2
<b>Choreographic Element 2</b>	From Choreographic Lift, Spinning Movement, Twizzling Movement, Sliding Movement or Character Step Sequence. Cannot be the same as Choreographic Element 1

## (G) SILVER OPEN

### 1) COUPLES AND SOLO DANCE

In order to compete in the Silver Open Couples or Solo Ice Dance section, each member of the Couple or the Soloist Ice Dancer must have passed Skating Skills 2 Test but not have passed the Intergold Pattern Dance Test or any part of the Intergold Couples or Solo Ice Dance Star Test.

### 2) ADULT COUPLES AND SOLO DANCE

In order to compete in the Adult Couples or Solo Ice Dance section, each member of the Couple or the Soloist Ice Dancer must have reached the age of 30 years and have passed the Skating Skills Level 2 Test.

<b>Silver Open OR Adult Solo Free Dance: 2:00 +/- 10 seconds</b> <b>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF TEN (10) SECONDS AT THE BEGINNING OF THE PROGRAM</b> <b># of Expected Program Blocks: 5-6</b>	
<b>Edge Elements</b>	One (1) or two (2) short edge elements. The edge elements must be held <b>in position</b> for a minimum of three (3) seconds but cannot exceed seven (7) seconds. Edge Elements should have different positions so they would create two completely different pictures.
<b>Dance Spin (max Level 3)</b>	Only one (1) Dance Spin or Combination Dance Spin. Minimum of three (3) revolutions on each foot. Flying Spin entries are not permitted.
<b>Step Sequence</b>	One (1) Step Sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include three-turns, Mohawks, Brackets and Counters. <b>Not permitted elements:</b> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins and pirouettes.
<b>Twizzle Series</b>	One (1) Twizzle series consisting of at least one (1) Twizzle on each foot and with no more than three (3) steps between the Twizzles. The Twizzles must have a different entry edge and direction of rotation.
<b>Choreographic Character Step</b>	Must be placed around the short axis and proceed from barrier to barrier. Must commence with a full stop at either long barrier. May be performed at any point in the program.

**Silver Open Couples Free Dance: 3:00 +/- 10 seconds**

**MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF TEN (10) SECONDS AT THE BEGINNING OF THE PROGRAM**

**Music must have a change of tempo and/or expression.**

**# of Expected Program Blocks: 6**

<b>Lift Element</b>	Only one (1) Short Lift element of maximum 7 seconds
<b>Dance Spin (max Level 3)</b>	Only one (1) Dance Spin with a minimum of three (3) revolutions,
<b>Step Sequence 1</b>	<b>One (1) Step Sequence in Hold Style B</b> from the following list: serpentine, circular, midline or diagonal. The step sequence must fully utilize the ice surface. <b>Not permitted elements:</b> 1 x Retrogression permitted, No stops or loops. No Hand-in-Hand with fully extended arms position permitted
<b>Synchronised Twizzles</b>	One (1) Set of Synchronised Twizzles.
<b>Choreographic Element 1</b>	From Choreographic Lift, Spinning Movement, Twizzling Movement, Sliding Movement or Character Step Sequence. Cannot be the same as Choreographic Element 2
<b>Choreographic Element 2</b>	From Choreographic Lift, Spinning Movement, Twizzling Movement, Sliding Movement or Character Step Sequence. Cannot be the same as Choreographic Element 1

## (H) BRONZE OPEN COUPLES AND SOLO DANCE:

### 1) COUPLES AND SOLO DANCE

In order to compete in the Bronze Open Couples or Solo Ice Dance section, each member of the Couple or the Soloist Ice Dancer must have passed the Skating Skills Level 1 Test but not have passed the Intersilver Pattern Dance Test or any part of the Intersilver Star Dance Test.

### 2) ADULT COUPLES AND SOLO DANCE

In order to compete in the Adult Couples or Solo Ice Dance section, each member of the Couple or the Soloist Ice Dancer must have reached the age of 30 years and have passed the Skating Skills Level 1 Test.

<b>Bronze Open Solo Free Dance: 1:40 +/- 10 seconds</b> <b>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF TEN (10) SECONDS AT THE BEGINNING OF THE PROGRAM</b> <b># of Expected Program Blocks: 4</b>	
<b>Edge Element</b>	Only one (1) short edge element. The edge element must be held <b>in position</b> for a minimum of three (3) seconds but cannot exceed seven (7) seconds.
<b>Dance Spin (max Level 2)</b>	Only one (1) Dance Spin. Minimum of three (3) revolutions on only one (1) foot. Dance Spin Combinations and Flying Spin entries are not permitted.
<b>Choreographic Step Sequence</b>	One (1) Step Sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include three-turns and Mohawks. <b>Not permitted elements:</b> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins and pirouettes.
<b>Twizzle Series</b>	One (1) Twizzle series consisting of one (1) Twizzle on each foot and with no more than three (3) steps between the Twizzles.

**Bronze Open Couples Free Dance: 2:00 +/- 10 seconds**

**MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF TEN (10) SECONDS AT THE BEGINNING OF THE PROGRAM**

**Music must have a change of tempo and/or expression.**

**# of Expected Program Blocks: 4**

<b>Dance Spin (max Level 2)</b>	Only one (1) Dance Spin with a minimum of three (3) revolutions,
<b>Synchronised Twizzles</b>	One (1) Set of Synchronised Twizzles.
<b>Choreographic Element 1</b>	Character Step Sequence.
<b>Choreographic Element 2</b>	From Choreographic Lift, Spinning Movement, Twizzling Movement or Sliding Movement.