



2009-2010 ORIGINAL DANCE

Original Dance	LIFTS	STEP SEQUENCES	TWIZZLES	Additional Information
<p>JUNIOR & SENIOR 2:30 +/- 10 seconds Folk/Country Dance</p>	<p>Max 2 (See Note)</p> <p>2 different types of Short Lifts (max 6 seconds) Long Lifts not permitted 2nd Lift optional – see Note below.</p> <p>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>If a 3rd lift is performed, it will be considered by the Technical Panel as an extra element and deduction 1.0 will be applied.</p>	<p>Max 2</p> <p>1 Midline Not Touching Covering the Full length of the ice surface.</p> <p>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>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 and loops are <u>not</u> permitted in either step seq.</p>	<p>1 (See Note)</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>The set of sequential twizzles may be skated in any part of the program except in the required step sequences.</p> <p>Note: Additional sets of sequential twizzles are permitted but only first performed set outside the required the required step sequence will be identified and considered in determining level of difficulty. Each additional set of sequential twizzles outside the required step sequence will be considered by the judges in marking Choreography if elements reflect character of music/dance.</p>	<p>See current season's ISU Communication on music, repeated positions and illegal lifts/elements.</p> <p>Stops: One (1) stop of up to 10 sec. duration or 2 stops each of up to 5 sec. duration are permitted.</p> <p>Dance Spin is <u>not included</u> in the requirements. However, a couple may choose to use the spinning movement as part of their choreography. The spinning movement skated by the couple together in any hold around a common axis on one foot or two feet with any number of rotations is permitted. The Technical Panel will ignore these movements and the judges will <u>not</u> consider these movements as the permitted stops.</p> <p>Hops and jumps of not more than one (1) rotation are permitted. Jumps of one rotation are permitted but may not be performed simultaneously. These one rotation jumps are not permitted in either step sequence.</p> <p>Kneeling or sliding on 2 knees is not permitted. It will be considered as a fall and the appropriate deduction will be applied by the Technical Panel.</p> <p>Touching of ice by hand(s) is not permitted</p> <p><u>Props Types- Permitted:</u> Small props as part of a costume and non-detachable. Props may not be thrown or passed from one skater to the other.</p> <p><u>Props Types- Not permitted:</u> Cane (walking stick), umbrella, bouquet etc. Costume deduction of 1.0 will be applied by Referee.</p> <p style="text-align: center;"><u>Illegal elements:</u></p> <p>Jumps of one (1) full rotation performed simultaneously</p> <p>Jumps of more than one (1) rotation</p> <p>Lying on the ice</p>