

2007-2008 Adult Original Dance



2007-2008 Adult Original Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	OTHER ITEMS- MISC.
<p>Adult OD 2:40 MAX</p> <p>Folk/Country Rhythm</p>	<p>Max 2 OPTIONAL</p> <p>2 different types of Short Lifts (max 6 seconds) Long Lifts not permitted</p> <p>See Other Items- Misc. regarding combined dance spin & lift</p>	<p>Max 1</p> <p>Spin or Combination Spin Spin – min 3 revs Combo Spin – min 3 revs on each foot by both partners</p> <p>See Other Items- Misc. regarding combined dance spin & lift</p>	<p>Max 2</p> <p>Required: Curved Step Sequence selected from: Circular or Serpentine (2 bold curves) Utilizing the full width of ice surface. Use of variety of dance holds except no hand in hand hold in sustained position with fully extended arms</p> <p>OPTIONAL A 2nd sequence may be skated: 1 Midline Not Touching. Distance between partners no more than 2 arms lengths apart. Use of full length of the ice surface. At least One (1) change of side of the partners required</p> <p>Lifts, jumps of more than ½ rotation, stops, or pattern retrogressions are <u>not</u> permitted in step seq.</p>	<p>Max 1 OPTIONAL</p> <p>One (1) set of Sequential Twizzles within Midline Not Touching Step Sequence (if chosen)</p> <p>Up to one (1) step between twizzles.</p> <p>No stop(s) before/after or between twizzles permitted</p>	<p>One (1) stop of 10 sec. duration or 2 stops each of 5 sec. duration permitted</p> <p>Jumps of not more than one rotation which may be executed by one partner at a time is permitted. These jumps are <u>not</u> permitted in step sequence.</p> <p>Toe steps, kneeling, sliding on 2 knees, and full splits are permitted if not used excessively.</p> <p>Touching of ice by hand(s) is <u>not</u> permitted</p> <p>One (1) combined dance spin & lift permitted and will be identified as one each of the allowed spin and lifts (e.g. one spin and one lift)</p>