

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 align="center">1 Short Lift</p> <p>Short Lifts are <u>max 7 secs</u></p> <p>May be skated anywhere in the program except in the required Not Touching Step Sequence.</p>	<p align="center">1 Not Touching Circular* or Midline or Diagonal</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 on one of the other rhythms: swing or hip hop.</u></p> <p>*Notes for Not Touching Circular Step Sequence:</p> <p>In accordance with ISU Rule 603, paragraph 4, 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 ISU Rule 709, paragraph 1.d) regarding the generally constant direction of the pattern.</p> <p>Not Permitted Elements:</p> <p>Stops, pattern regressions and loops not permitted in the step sequence.</p>	<p align="center">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.</p>	<p align="center">Two (2) Sequences of Blues, <u>either skated one after the other or separately.</u></p> <p><u>Step #1 of each Sequence must be skated on a different side of the ice surface.</u></p> <p><u>See ISU Communication 1998 for key points.</u></p> <p>Per Rule 709, paragraph 1.d): Permitted Exceptions:</p> <ul style="list-style-type: none"> -Performing not touching step sequence -Performing NtCiSt in clockwise direction -Performing one loop which may cross the Long Axis to connect two PDE <p align="center">Timing:</p> <p>The PDEs must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.</p> <p>The PDE must be skated on the <u>blues</u> rhythm. The tempo of the music throughout the PDE must be constant and in accordance with the required tempo <u>and character</u> of the pattern dance: blues, i.e. <u>22</u> measures of <u>4</u> beats or <u>88</u> beats per minute, plus or minus <u>2</u> beats per minute.</p>	<p align="center">Music requirements:</p> <p>Blues, plus one or more of the following rhythms: swing or hip hop.</p> <p>Blues and swing are described in the ISU Ice Dance Music Rhythms Booklet 1995. Hip Hop is described in the Additions to the ISU Ice Dance Music Rhythms Booklet 1995 published on the ISU website. <u>Note: the description of swing covers several different rhythms, all of which are acceptable. To comply with ethical values of sports, hip hop music chosen for ice dance competitions must not include aggressive and/or offending lyrics.</u></p> <p>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, either 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.</p> <p>Note: A violation of full stop restrictions, pattern restrictions and excess separations must be penalized by judges for violation of choreographic restrictions.</p> <p><u>Touching the ice with the hand(s) is permitted while skating to the Hip Hop Rhythm as long as it is choreographed to enhance the character and does not meet criteria of a fall.</u></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 align="center">SENIOR</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 or in the Partial Step Sequence.</p>	<p align="center">1 Not Touching Circular*, Midline or Diagonal and 1 Partial Step Sequence</p> <p align="center">One (1) Not Touching Step Sequence:</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 on one of the other rhythms: swing or hip hop.</u></p> <p>*Notes for Not Touching Circular Step Sequence: In accordance with ISU Rule 603, paragraph 4, 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 ISU Rule 709, paragraph 1.d) regarding the generally constant direction of the pattern.</p> <p align="center">One (1) Partial Step Sequence in Hold:</p> <p><u>- Pattern: approximately one half circuit of the ice, immediately after Step #14 of Midnight Blues and finishing at approximately the same point as the original Step #5.</u></p> <p><u>- Duration: any exact number of musical measures.</u></p> <p><u>- Holds: by exception to Rule 703, para. 4, first bullet, hand-in-hand hold with extended arms cannot be used, and partners must remain in contact at all times, even during changes of holds;</u></p> <p><u>- Music: must be skated to same tune and tempo as the PDE Midnight Blues.</u></p> <p align="center">Not Permitted Elements:</p> <p><u>Stops, Pattern Retrogressions, Loops and Separations not permitted in Partial Step Sequence.</u></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 Partial Step Sequence.</p>	<p align="center"><u>One (1) Section of Midnight Blues comprised of steps #5-14.</u></p> <p><u>Step #5 must be on the opposite side from the Judges.</u></p> <p align="center"><u>Per Rule 709, paragraph 1.d): Permitted Exceptions:</u></p> <p>-Performing not touching step sequence -Performing NtCiSt in clockwise direction -Performing one lobe during PSt</p> <p align="center">Skated one after the other, Pattern Dance Element followed by Partial Step Sequence</p> <p>See ISU Communication 1998 for key points.</p> <p align="center">Timing:</p> <p>The PDE and Partial Step Sequence must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on beat 1 of a musical phrase.</p> <p><u>The PDE and the PSt must be skated to the same tune and tempo.</u> The tempo of the music throughout the PDE must be constant and in accordance with the required tempo <u>and character</u> of the pattern dance: <u>Midnight Blues</u>, i.e. <u>22 measures of 4 beats</u> or <u>88 beats per minute</u>, plus or minus <u>2</u> beats per minute.</p>	<p align="center">Music requirements:</p> <p>Blues, plus one or more of the following rhythms: swing or hip hop.</p> <p>Blues and Swing are described in the ISU Ice Dance Music Rhythms Booklet 1995. Hip Hop is described in the Additions to the ISU Ice Dance Music Rhythms Booklet 1995 published on the ISU website. <u>Note: the description of swing covers several different rhythms, all of which are acceptable. To comply with ethical values of sports, hip hop music chosen for ice dance competitions must not include aggressive and/or offending lyrics.</u></p> <p>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, either 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.</p> <p>Note: A violation of full stop restrictions, pattern restrictions and excess separations must be penalized by judges for violation of choreographic restrictions.</p> <p><u>Touching the ice with the hand(s) is permitted while skating to the hip hop rhythm as long as it is choreographed to enhance the character and does not meet criteria of a fall.</u></p> <p>See Rule 6090 in the U.S. Figure Skating Rulebook for detailed rules for the short dance.</p>