

Rhythm Dance	RHYTHM	PATTERN DANCE REQUIREMENT	LIFTS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<p>JUNIOR</p> <p>2:50 +/- 10 sec</p>	<p>Music requirements:</p> <p><u>Tango plus at least one of the following Dance Styles: Paso Doble, Flamenco, Spanish Waltz, Fandango, Bolero, Jota, Sevillanas, Milonga</u></p> <p>Note: to comply with ethical values of sports, any music chosen for ice dance competitions must not include aggressive and/or offensive lyrics.</p> <p><u>The pattern dance element, Argentine Tango, must be skated to a Tango rhythm.</u></p> <p><u>The tempo of the music throughout the Argentine Tango must be constant and in accordance with the required tempo of the pattern dance: 96 beats per minute +/-2 beats.</u></p>	<p>2 Sections of the <u>Argentine Tango</u>, skated in any order or one after the other or separately.</p> <p><u>Step #1 of 1AT skated at the Judges left side.</u></p> <p><u>Step #21 of 2AT skated at the Judges right side</u></p> <p><u>Note: variation of hold is permitted.</u></p> <p>The first step of the dance begins on beat 1 of a musical phrase.</p> <p>See ISU Communication #2468 for key points.</p>	<p>1 Short Lift</p> <p>Up to 7 secs</p>	<p>1 Step Sequence</p> <p>In hold or not touching or a combination of both (Style B):</p> <p>Pattern must be midline or diagonal</p> <p>Must be skated to a different rhythm from the one chosen for the pattern dance element.</p> <p>Not Permitted:</p> <ul style="list-style-type: none"> -Retrogression -Loops -Hand-in-hand hold with fully extended arms <p>Permitted:</p> <ul style="list-style-type: none"> -One stop up to 5 sec -Separations of no more than 2 arms lengths 	<p>1 Set of Sequential Twizzles</p> <p>At least two twizzles for each partner.</p> <p>Up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step.)</p> <p>Must not be in contact between twizzles.</p>	<p>Pattern: Must proceed in generally constant direction and must cross long axis of ice surface once at each end of rink within no more than 30 meters (short axis) of barrier. May also cross long axis at entry and/or exit to Style B step sequence and at entry to pattern dance element. Loops that do not cross long axis are permitted.</p> <p>Stops: After clock is started with first movement, couple must not remain in one place for more than 10 secs at beginning and/or end of program. During program: 2 full stops up to 5 secs or 1 full stop up to 10 secs permitted. A dance spin or choreographic spinning movement that does not travel will be considered as a stop.</p> <p>Separations: Must not separate except to change hold or perform Required Elements requiring separation. Max two arms lengths allowed during such separations. Change of hold and turns as transitional elements must not exceed 1 measure of music. Separations at beginning and/or end of program may be up to 10 secs in duration without restrictions on distance.</p> <p><u>Touching the ice with hand(s) is not permitted.</u></p> <p>See ISU Communication #2468 for detailed rules for the rhythm dance.</p>

Rhythm Dance	RHYTHMS	PATTERN DANCE REQUIREMENTS	CHOREOGRAPHIC ELEMENT	LIFTS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<p>SENIOR</p> <p>2:50 +/- 10 sec</p>	<p>Music requirements:</p> <p><u>Latin Dance Styles: at least two (2) different dance styles/rhythms chosen from Salsa, Bachata, Merengue, Mambo, Cha Cha, Rhumba, Samba</u></p> <p>Note: to comply with ethical values of sports, any music chosen for ice dance competitions must not include aggressive and/or offensive lyrics.</p> <p>PSt must be skated to a different Rhythm/Style from that chosen for the Step Sequence Style B.</p> <p>ChRS may be skated to any of the designated Latin Rhythm(s)/Style(s) and performed in the "style" of the chosen Rhythm.</p>	<p>1 Pattern Dance Type Step Sequence (PSt), (Style D):</p> <p>- Duration: any exact number of musical phrases.</p> <p>- Pattern: <u>starting with a Stop on the Short Axis on either side of the rink and concluding on the Short Axis opposite side of the rink. One loop in any direction (which may cross the Long Axis) is permitted within the pattern.</u></p> <p>- Stops: <u>one (1) required at the start of the PSt (this will count as one of the permitted stops).</u></p> <p>- Holds: <u>Must remain in contact at all times, even during changes of Holds (except when performing Twizzles as connecting Choreography)</u></p> <p>- Not permitted: <u>stops (except to start PSt), separations, retrogressions, and hand-in-hand hold with fully extended arms.</u></p>	<p>1 Choreographic Rhythm Sequence</p> <p>-Hold(s): <u>in Hold including Hand in Hand with fully extended arms with the exception of permitted Separation(s)</u></p> <p>-Pattern: -starts on the Short Axis -proceed 10 meters on either side of the Short Axis -Proceed from barrier to barrier (the requirement from barrier to barrier is fulfilled when at least one of the partners is not more than 2 meters from each barrier - Retrogression—permitted -Loops – permitted - Separation(s)—for not more than 2 arms length and duration not more than one measure are permitted Stop(s)—for up to 5 seconds (this will not count as one of the permitted stops). There is no limitation on number of stops as long as each one is no more than 5 secs.</p> <p>The Choreographic Rhythm Sequence is evaluated as a Choreographic Element.</p>	<p>1 Short Lift</p> <p>Up to 7 secs</p>	<p>1 Step Sequence</p> <p>In hold or not touching or a combination of both (Style B):</p> <p>Pattern must be midline or diagonal</p> <p>Must be skated to a different rhythm from the one chosen for the pattern dance element and pattern dance type step sequence.</p> <p>Not Permitted: -Retrogression -Loops -Hand-in-hand hold with fully extended arms</p> <p>Permitted: -One stop up to 5 sec -Separations of no more than 2 arms lengths</p>	<p>1 Set of Sequential Twizzles</p> <p>At least two twizzles for each partner.</p> <p>Up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step.)</p> <p>Must not be in contact between twizzles</p>	<p>Pattern: Must proceed in generally constant direction and must cross long axis of ice surface once at each end of rink within no more than 30 meters (short axis) of barrier. May also cross long axis at entry and/or exit to Style B step sequence and at entry to pattern dance element. Loops that do not cross long axis are permitted (<u>except during the PSt</u>)</p> <p>Stops: After clock is started with first movement, couple must not remain in one place for more than 10 secs at beginning and/or end of program. During program: 2 full stops up to 5 secs or 1 full stop up to 10 secs permitted. A dance spin or choreographic spinning movement that doesn't travel will be considered as a stop.</p> <p>Separations: Must not separate except to change hold or perform Required Elements requiring separation. Max two arms lengths allowed during such separations. Change of hold and turns as transitional elements must not exceed 1 measure of music. Separations at beginning and/or end of program may be up to 10 secs in duration without restrictions on distance.</p> <p>Touching the ice with hand(s) is not permitted.</p> <p>See ISU Communication #2468 for detailed rules for the rhythm dance.</p>