

Rhythm Dance	RHYTHM	PATTERN DANCE REQUIREMENT	LIFTS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<p><b>JUNIOR</b></p> <p>2:50 +/- 10 sec</p>	<p><b>Music requirements:</b></p> <p><u>“Music and Feeling of the Eighties”</u>  <u>Any music is possible provided it was originally released in the decade of the 1980’s. The couple should demonstrate through dance the culture and essence of this decade. The selected music may be remastered.</u></p> <p><b><u>The Rhythm Dance should NOT be skated in the style of a Free Dance. The couple must use dance movements and dance holds to interpret the chosen music from this decade.</u></b></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, Rocker Foxtrot, must be constant and in accordance with the required tempo of the required tempo of the pattern dance: 104 beats per minute +/- 2 beats.</u></p>	<p><b>2 Sections of the <u>Rocker Foxtrot Steps #1-14.</u></b>                      skated in any order or one after the other or separately.</p> <p><u>Step #1 of 1RF skated at the Judges left side.</u></p> <p><u>Step #1-14 of 2RF skated at the Judges right side</u></p> <p><u>1RF skating in accordance with Rule 707, paragraph 2. Man must skate Man’s steps &amp; Woman must skate Woman’s steps.</u></p> <p><u>2RF, the Woman skates Man’s steps and Man skates Woman’s steps (switch tracking/sides on Key Points in recognized hold excluding hand in hand)</u></p> <p>Note: variation of hold is permitted.</p> <p><u>Crossing Long Axis is permitted for Steps #5, #8-9</u></p> <p>The first step of the dance begins on beat 1 of a musical phrase.</p> <p>See ISU Communication #2560 for key points.</p>	<p><b>1 Short Lift</b></p> <p>Up to 7 secs</p>	<p><b>1 Step Sequence <u>Not Touching (Style B)</u></b></p> <p><u>Skated to any tempo.</u></p> <p>Pattern must be midline or diagonal</p> <p><u>Touching the ice with any part of the body is allowed, but not for longer than 5 seconds.</u></p> <p><u>Skated no more than 2 arm lengths apart.</u></p> <p><b>Not Permitted:</b></p> <ul style="list-style-type: none"> <li>-Retrogression</li> <li>-Loops</li> </ul> <p><b>Permitted:</b></p> <ul style="list-style-type: none"> <li>-One stop up to 5 sec (<u>this will count as one of the permitted stops, must be performed Not Touching</u>)</li> </ul>	<p><b>1 Set of Sequential Twizzles</b></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><b>Pattern:</b> 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 (exception applicable per individual element)</p> <p><b>Stops:</b> 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><b>Separations:</b> 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><b><u>Touching the ice with hand(s) is not permitted except during the Step Sequence Style B.</u></b></p> <p>See ISU Communication #2560 for detailed rules for the rhythm dance.</p>

Rhythm Dance	RHYTHMS	PATTERN DANCE REQUIREMENTS	CHOREOGRAPHIC ELEMENT	LIFTS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<p><b>SENIOR</b></p> <p>2:50 +/- 10 sec</p>	<p><b>Music requirements:</b></p> <p><u>"Music and Feeling of the Eighties"</u>  <u>Any music is possible provided it was originally released in the decade of the 1980's. The couple should demonstrate through dance the culture and essence of this decade. The selected music may be remastered.</u></p> <p><b><u>The Rhythm Dance should NOT be skated in the style of a Free Dance. The couple must use dance movements and dance holds to interpret the chosen music from this decade.</u></b></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>PSt may be skated to any tempo.</u></p> <p><u>ChRS must be skated to a tempo of 100 bpm minimum</u></p>	<p><b>1 Pattern Dance Type Step Sequence (PSt), (Style D):</b></p> <p>- <b>Duration:</b> any exact number of musical phrases.</p> <p>- <b>Pattern:</b> 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.</p> <p>-<b>Stops:</b> A stop at the start of the PSt will count as one of the permitted stops. A skidding movement to start the PSt will NOT be considered as a stop.</p> <p>- <b>Holds:</b> Must remain in contact at all times, even during changes of Holds (except when performing Twizzles as connecting Choreography)</p> <p>- <b>Not permitted:</b> stops (except to start PSt), separations, retrogressions, and hand-in-hand hold with fully extended arms.</p>	<p><b>1 Choreographic Rhythm Sequence</b></p> <p><b>-Steps:</b> <u>Silver Samba, steps #9, 9a, 9b to #47 Woman's steps and/or Man's steps skated by either the Man or the Woman or a combination of both provided there is a continuity of prescribed steps always performed by at least 1 partner (starting on step 9 and concluding on step 47). No restriction in number of beats per step.</u></p> <p><b>-Hold(s):</b> <u>in contact, any holds permitted</u></p> <p><b>-Pattern:</b> <u>starts on the judges' left side with step #9 of the Woman and #9b of the Man and finishing with step #47. May cross the long axis without restriction.</u>  <u>- Separation- 1 permitted for not more than 2 arm lengths and duration not more than 2 measures of music</u>  <u>-Loop – 1 permitted</u>  <u>- Retrogression – 1 permitted</u>  <u>- Stop – not permitted</u></p> <p><u>The Choreographic Rhythm Sequence is evaluated as a Choreographic Element as one unit.</u></p>	<p><b>1 Short Lift</b></p> <p>Up to 7 secs</p>	<p><b>1 Step Sequence <u>Not Touching</u> (Style B)</b></p> <p><u>Skated to any tempo.</u></p> <p>Pattern must be midline or diagonal</p> <p><u>Touching the ice with any part of the body is allowed, but not for longer than 5 seconds.</u></p> <p><u>Skated no more than 2 arm lengths apart.</u></p> <p><b>Not Permitted:</b>                      -Retrogression                      -Loops</p> <p><b>Permitted:</b>                      -One stop up to 5 sec (this will count as one of the permitted stops, must be performed <u>Not Touching</u>)</p>	<p><b>1 Set of Sequential Twizzles</b></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><b>Pattern:</b> 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 (exception applicable per individual element)</p> <p><b>Stops:</b> 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><b>Separations:</b> 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><b><u>Touching the ice with hand(s) is not permitted except during the Step Sequence Style B.</u></b></p> <p>See <u>ISU Communication #2560</u> for detailed rules for the rhythm dance.</p>