## 2023 Solo Dance Free Dance Chart

Free Dance	Edge Elements	Dance Spins	Step Sequence	Twizzles	Choreo Elements	Additional Information
Juvenile	Max 1	Max 1	Max 1	Max 1		
1:30 +/- 10	1 short edge element	1 Dance Spin	Choreo Step Sequence (circular, midline, diagonal)	Only one twizzle on one foot is required		MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT
	The edge element must be held <b>in</b> <b>position</b> for a minimum of three seconds but cannot exceed seven	min 3 revs	The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include three-turns and			WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM
	seconds		mohawks			Music at this level is
		No change of foot, no flying spin or flying entry Max level 2	Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half			strongly suggested to be in the same rhythms as the U.S. Figure Skating test structure.
			rotation, dance spins, and pirouettes.			
Intermediate	Max 1	Max 1	Max 1	Max 1	Max 1	
1:50 +/- 10	1 short edge element	1 Dance Spin	Step Sequence (circular, midline, diagonal)	One set of sequential twizzles	Choreo Character Step	MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEA WITH THE EXCEPTION OF
	Short edge elements may not exceed seven (7) seconds	min 3 revs	The step sequence must fully utilize the ice surface and should include a variety of steps and turns such as three-turns, mohawks, and brackets	Two twizzles skated one right after the other with up to one step in between twizzles.	Must be placed around the short axis and proceed from barrier to barrier.	10 SECONDS AT THE BEGINNING OF THE PROGRAM Music at this level is strongly suggested to be
		No change of foot, no flying spin or flying entry Max level 2	Not permitted elements: stops, loops and jumps of more than one- half rotation, dance spins, and pirouettes.	Only one step between twizzles is allowed for a sequential twizzle	Must commence with a full stop (or opening pose) at one barrier or the other. May be performed at any point in the	in the same rhythms as the U.S. Figure Skating test structure.
					program.	
Novice	Max 2	Max 1	Max 2	Max 1	Max 1	
2:20 +/- 10	2 short edge elements	1 Dance Spin	Step Sequence (circular, midline, diagonal)	One set of sequential twizzles	Choreo Character Step	MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEA
	Two different types of short edge elements, but no more. (Spiral type may be repeated once if in different positions in each)	min 3 revs on one foot	The step sequence must fully utilize the ice surface and should include a variety of steps and turns such as three-turns, mohawks, brackets, and counters	Two twizzles skated one right after the other with up to one step in between twizzles.	Must be placed around the short axis and proceed from barrier to barrier.	WITH THE EXCEPTION OI 10 SECONDS AT THE BEGINNING OF THE PROGRAM Music at this level is
	Short edge elements may not exceed seven (7) seconds	May change feet more than once. No flying spin or flying entry Max level 3	One Foot Turn Sequence	Only one step between twizzles is allowed for a sequential twizzle	Must commence with a full stop (or opening pose) at one barrier or the other.	strongly suggested to be in the same rhythms as the U.S. Figure Skating test structure.
			A sequence of steps/turns performed on one foot <b>Not permitted elements:</b> stops,		May be performed at any point in the program.	
			loops and jumps of more than one- half rotation, dance spins, and pirouettes.			

## 2023 Solo Dance Free Dance Chart

Free Dance	Edge Elements	Dance Spins	Step Sequence	Twizzles	Choreo Elements	Additional Information
Junior	Max 2	Max 1	Max 2	Max 1	Max 2	
3:00 +/- 10	1 combination edge element	1 Dance Spin	Step Sequence (serpentine,	One solo twizzle	Two Choreographic Elements to be	MUSIC MUST HAVE AN
	OR		circular, midline, diagonal)	series.	selected from the following:	AUDIBLE RHYTHMIC BEAT
	2 Short Edge Elements					WITH THE EXCEPTION OF
		min 3 revs on one foot	The step sequence must fully utilize		<ul> <li>Choreographic Character Step</li> </ul>	10 SECONDS AT THE
			the ice surface and should include a			BEGINNING OF THE
	Two different types of short edge		variety of steps and turns such as	twizzle arerequired but		PROGRAM
	elements, but no more. (Spiral		brackets, counters, rockers,	no more than four		Music must have a change of tempo and/or
	type may be repeated once if in		mohawks, twizzles and Choctaws	steps between twizzles.		expression
	different positions in each)		<b>N I I I I I I I I I I</b>		- Chave a second in Cliding Maxweek	expression
		May change feet more	Not permitted elements: stops,		<ul> <li>Choreographic Sliding Movement</li> </ul>	
	Combination Edge may not exceed	than once. No flying	loops and jumps of more than one- half rotation, dance spins, and			
	12 seconds in total.	spin or flying entry	pirouettes.			
	Short edge elements may not		pirodettes.		<ul> <li>Choreographic Spinning Movement</li> </ul>	
	exceed 7 seconds.		One Foot Turn Sequence			
			A sequence of steps/turns		Choreographic Twizzling Movement -	
			performed on one foot		(can only be performed after required	
					Twizzles)	
Senior	Max 3	Max 1	Max 2	Max 1	Max 3	
3:10 +/- 10	1 combination edge element and	1 Dance Spin	Step Sequence (serpentine,	One solo twizzle	Three Choreographic Elements to be	MUSIC MUST HAVE AN
	1 short edge element of a		circular, midline, diagonal)	series.	selected from the following:	AUDIBLE RHYTHMIC BEAT
	different type than performed in					WITH THE EXCEPTION OF
	the combination	min 3 revs on one foot				10 SECONDS AT THE
	OR 2 different trace of Short Edge		The step sequence must fully	At least two steps		BEGINNING OF THE
	3 different types of Short Edge Elements		utilize the ice surface and should	between 1st and 2nd		PROGRAM Music must have a
	Elements		include a variety of steps and turns	twizzle are required	<ul> <li>Choreographic Character Step</li> </ul>	change of tempo and/or
			such as brackets, counters, rockers,	but no more than four		expression
			mohawks, twizzles and Choctaws	steps between twizzles.		expression
	For short edge elements, Spiral	May change feet more	Not permitted elements: stops,		<ul> <li>Choreographic Sliding Movement</li> </ul>	
	type may be repeated once if in	than once. No flying	loops and jumps of more than one-			
	different positions in each	spin or flying entry	half rotation, dance spins, and			
		spin or nying entry	pirouettes.			
			One Foot Turn Sequence		<ul> <li>Choreographic Spinning Movement</li> </ul>	
	1				Choreographic Twizzling Movement -	
						1
	Combination Edge may not exceed		A sequence of steps/turns		(can only be performed after required	
	Combination Edge may not exceed 12 seconds in total.		A sequence of steps/turns performed on one foot		(can only be performed after required Twizzles)	
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