

2023 Solo Dance Free Dance Chart

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

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Junior 3:00 +/- 10	<p style="text-align: center;">Max 2</p> <p style="text-align: center;">1 combination edge element OR 2 Short Edge Elements</p> <p>Two different types of short edge elements, but no more. (Spiral type may be repeated once if in different positions in each)</p> <p>Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds.</p>	<p style="text-align: center;">Max 1</p> <p style="text-align: center;">1 Dance Spin</p> <p>min 3 revs on one foot</p> <p>May change feet more than once. No flying spin or flying entry</p>	<p style="text-align: center;">Max 2</p> <p style="text-align: center;">Step Sequence (serpentine, circular, midline, diagonal)</p> <p>The step sequence must fully utilize the ice surface and should include a variety of steps and turns such as brackets, counters, rockers, mohawks, twizzles and Choctaws</p> <p>Not permitted elements: stops, loops and jumps of more than one-half rotation, dance spins, and pirouettes.</p> <p>One Foot Turn Sequence A sequence of steps/turns performed on one foot</p>	<p style="text-align: center;">Max 1</p> <p style="text-align: center;">One solo twizzle series.</p> <p>At least two steps between 1st and 2nd twizzle are required but no more than four steps between twizzles.</p>	<p style="text-align: center;">Max 2</p> <p style="text-align: center;">Two Choreographic Elements to be selected from the following:</p> <ul style="list-style-type: none"> • Choreographic Character Step • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement - (can only be performed after required Twizzles) 	<p>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM</p> <p>Music must have a change of tempo and/or expression</p>
Senior 3:10 +/- 10	<p style="text-align: center;">Max 3</p> <p style="text-align: center;">1 combination edge element and 1 short edge element of a different type than performed in the combination OR 3 different types of Short Edge Elements</p> <p>For short edge elements, Spiral type may be repeated once if in different positions in each</p> <p>Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds.</p>	<p style="text-align: center;">Max 1</p> <p style="text-align: center;">1 Dance Spin</p> <p>min 3 revs on one foot</p> <p>May change feet more than once. No flying spin or flying entry</p>	<p style="text-align: center;">Max 2</p> <p style="text-align: center;">Step Sequence (serpentine, circular, midline, diagonal)</p> <p>The step sequence must fully utilize the ice surface and should include a variety of steps and turns such as brackets, counters, rockers, mohawks, twizzles and Choctaws</p> <p>Not permitted elements: stops, loops and jumps of more than one-half rotation, dance spins, and pirouettes.</p> <p>One Foot Turn Sequence A sequence of steps/turns performed on one foot</p>	<p style="text-align: center;">Max 1</p> <p style="text-align: center;">One solo twizzle series.</p> <p>At least two steps between 1st and 2nd twizzle are required but no more than four steps between twizzles.</p>	<p style="text-align: center;">Max 3</p> <p style="text-align: center;">Three Choreographic Elements to be selected from the following:</p> <ul style="list-style-type: none"> • Choreographic Character Step • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement - (can only be performed after required Twizzles) 	<p>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM</p> <p>Music must have a change of tempo and/or expression</p>