

2023 Solo Dance Rhythm Dance Chart

Free Dance	Edge Elements	Step Sequence	Twizzles	Pattern Dance \ Choreo Element	Additional Information
<p style="text-align: center;">Junior</p> <p>2:50 +/- 10</p>	<p style="text-align: center;">Max 1</p> <p style="text-align: center;">1 Short Edge Element</p> <p>Edge element must be held in position for a minimum of 3 seconds but cannot exceed 7 seconds</p>	<p style="text-align: center;">Max 1</p> <p style="text-align: center;">Step Sequence (midline or diagonal)</p> <p>The step sequence must fully utilize the ice surface and should include a variety of steps and turns</p> <p>Note: The step sequence must be skated in a different Dance style than that of the Pattern Dance Element (Argentine Tango).</p> <p>Not permitted elements: pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.</p> <p>Permitted: One stop up to 5 seconds.</p>	<p style="text-align: center;">Max 1</p> <p style="text-align: center;">Sequential twizzle series</p> <p>One set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. May be skated anywhere in the program except in the required step sequence.</p>	<p style="text-align: center;">Max 1</p> <p style="text-align: center;">Argentine Tango</p> <p>1AT - Section 1, Man's steps 1-18 & 2AT - Section 2, Woman's steps 19-31.</p> <p>Two (2) Sections of Argentine Tango skated in any order or one after the other or separately. Step #1 of 1AT skated at the Judges left side. Step #19 of 2AT skated at the Judges right side.</p> <p>Timing: The PDE must be skated in strict time to the music. The first step of the dance begins on beat one of a musical phrase.</p> <p>Crossing the Long Axis is permitted for Steps #13 - 15</p>	<p>Tango plus at least one of the following Dance Styles; Paso Doble, Flamenco, Spanish Waltz, Fandango, Bolero, Jota, Sevillanas, Milonga.</p> <p>Vocal music is permitted and only music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</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/red line) of barrier. May also cross long axis at entry and/or exit to 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, skater 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.</p> <p>Touching the ice with hand(s) is not permitted.</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel and technical panel.</p>

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Free Dance	Edge Elements	Step Sequence	Twizzles	Pattern Dance \ Choreo Element	Additional Information
Senior 2:50 +/- 10	Max 1 1 Short Edge Element Edge element must be held in position for a minimum of 3 seconds but cannot exceed 7 seconds	Max 1 Step Sequence (midline or diagonal) The step sequence must fully utilize the ice surface and should include a variety of steps and turns Note: The step sequence must be skated in a different style than that of the Pattern Dance Type Step Sequence. Not permitted elements: pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes. Permitted: One stop up to 5 seconds.	Max 1 Sequential twizzle series One set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. May be skated anywhere in the program except in the required step sequence, PSt or ChRs.	Choreographic Rhythm Sequence Max 1 Rhythm: Skated to any of designated Latin Rhythm(s)/Style(s) and performed in the "style" of the chosen Rhythm. Pattern: Starts with a stop 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 the skater is not more than 2 meters from each barrier.) Permitted: Retrogression, Loops and Stop(s) for up to 5 seconds (this will not count as one of the permitted stops and there is no limitation on number of stops as long as each one is no more than 5 seconds) Pattern Dance Type Step Sequence Max 1 Pattern: Starting with a Stop on the Short Axis on either side of the rink and concluding on the Short Axis on the opposite side of the rink. One (1) loop in any direction (which may cross the Long Axis is permitted within the pattern) Stops: one (1) required at the start of the PST (this will count as one of the permitted stops) Not permitted: Stops (only allowed at the beginning to indicate the start of the PSt). If a stop of longer than 5 seconds is used to start the PSt, no other stops are permitted throughout the program, and Retrogressions are also not permitted. The tempo of the music of the Pattern Dance Element must remain constant throughout.	At Least Two (2) Different Dance Styles/Rhythms chosen from Salsa, Bachata, Merengue, Mambo, Cha Cha, Rhumba, Samba. Vocal music is permitted and only music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program. 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/red line) of barrier. May also cross long axis at entry and/or exit to step sequence and at entry to pattern dance element. Loops that do not cross long axis are permitted. Stops: After clock is started with first movement, skater 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. Touching the ice with hand(s) is not permitted. Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel and technical panel.