

ISA Pattern Dance and Pattern Dance Element Timing, Steps and Percentages 2022-2023

CATEGORY	DANCE		DURATION per SECTION or SEQUENCE	REQUIRED SECTION or SEQUENCES	No of STEPS per SECTION or SEQUENCE	NUMBER of STEPS				
						10%	25%	50%	75%	90%
Open Solo Dance	Blues	86-90 bpm	24.0 – 25.2 secs	3 sequences	35	4	9	18	27	31
Elementary PD	Dutch Waltz	132-138 bpm	24.4 - 21.3 secs	2 sequences	16	2	4	8	12	14
Basic Novice Solo Dance PD	European Waltz	132-138 bpm	23.6 – 24.4 secs	2 Sequences	18	2	5	9	14	16
Adult Bronze PD	Foxtrot	98-102 bpm	16.5 – 17.1 secs	4 sequences	14	1	4	7	11	13
Adult Gold, Masters and Masters Elite PD	Quickstep	110-114 bpm	14.7 – 15.3 secs	4 sequences	18	2	5	9	14	16
Masters and Masters Elite PD	Ravensburger Waltz	195-201 bpm	28.6 – 29.4 secs	2 sequences	41	4	10	21	31	37
Preliminary and Elementary PD	Rhythm Blues	86-90 bpm	21.3 – 22.3 secs	3 sequences	16	2	4	8	12	14
Advanced Novice Solo Dance & Silver Adult PD	Starlight Waltz	71-77 bpm	34.8 – 35.6 secs	2 Sequences	32	3	8	16	24	29
Adult Solo Dance PD	Tango Canasta	106-110 bpm	15.8 – 16.5 secs	3 Sequences	14	1	4	7	11	13
Adult Gold PD	Viennese Waltz	153-159 bpm	32.4 – 33.6 secs	3 sequences	24	3	6	12	18	21

Information for other Pattern Dances and Pattern Dance Elements for the 2022-2023 Season can be found in ISU Communication 2463 p5.