

ISA Pattern Dance and Pattern Dance Element Timing, Steps and Percentages 2023-2024 (September 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%
Adult Silver PD	American Waltz	195-201 bpm	28.8-29.4 secs	2 sequences	16	2	4	8	12	14
Adult Gold PD and Masters Elite PD	Argentine Tango	94-98 bpm	31.8-33.2 secs	2 sequences	31	3	8	16	23	28
Adult Gold PD	Blues	86-90 bpm	24.0-25.2 secs	3 sequences	18 17	2 2	5 4	9 8	14 13	16 15
Adult Silver	Paso Doble	110-114	16.8-17.4 secs	3 sequences	28	3	7	14	21	25
Elementary PD	Rhythm Blues	86-90 bpm	21.3 – 22.3 secs	3 sequences	16	2	4	8	12	14
Elementary PD	Swing Dance	98-102 bpm	18.8-19.6 secs	2 sequences	15	2	4	8	12	14
Masters and Elite PD	Viennese Waltz	153-159 bpm	32.4 – 33.6 secs	3 sequences	24	3	6	12	18	21

Information for other Pattern Dances for all categories and Pattern Dance Elements for the 2023-2024 Season can be found in ISU Communication 2555.