

ICE SKATING AUSTRALIA 2023 / 2024 Ice Dance Elements (May 2023)

Mark all components	Pattern Dance (in skating order)	Number of Sequences to skate	Number of Sections per Sequence	Section Steps and Factors
PRELIMINARY PD Without Key Points, Factor 1.0	(27) Tango Canasta	3	1	1 to 14
ELEMENTARY PD Without Key Points Factor 0.5 per dance	(5) Swing Dance	2	1	1 to 30
	(31) Rhythm Blues	3	1	1 to 16

Refer to ISU Communication 2555				
BASIC NOVICE PD	Without Key Points, up to Level 1			Factor 0.5 per dance
All except State Championships	(1) Fourteenstep	4	1	1 to 14
	(27) Tango Canasta	3	1	1 to 14
State Championships	(7) Willow Waltz	2	1	1 to 22
	(27) Tango Canasta	3	1	1 to 14
AFSC and International Competitions	Two Dances chosen from (1) Fourteenstep, (7) Willow Waltz) and (27) Tango Canasta			
INTERMEDIATE NOVICE PD	One Key Point, up to Level 2			Factor 0.75 per dance
All except State Championships	(1) Fourteenstep	4	1	1 to 14
	(28) Tango	2	1	1 to 22
State Championships	(2) Foxtrot	4	1	1 to 14
	(8) European Waltz	2	1	1 to 18
AFSC and International Competitions	Chosen from one of the following groups: Group 2: (1) Fourteenstep and (28) Tango OR Group 3: (2) Foxtrot and (8) European Waltz			
ADVANCED NOVICE PD	Two Key Points, up to Level 3			Factor 1.0 per dance
All competitions	(3) Rocker Foxtrot	4	1	1 to 14
	(13) Starlight Waltz	2	2	1 to 17;18 to 32

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RHYTHM DANCE	JUNIOR 2 minutes and 50 seconds (+/-) 10 seconds	SENIOR 2 minutes and 50 seconds (+/-) 10 seconds
Refer to ISU Communication 2560 for full description and details of all elements		
PATTERN DANCE	<p>Two (2) Sections of the Rocker Foxtrot: skated to any dance style with the range of tempo: 26 measures of 4 beats per minute (104 beats per minute) plus or minus 2 beats per minute. The first step of the dance begins on beat one of a musical phrase.</p> <p>1RF and 2RF: Steps #1-14 skated in any order, one after the other or separately.</p> <p>Step #1 of 1RF skated at the Judges left side in accordance with Rule 707, paragraph 2, the Man must skate the Man's Steps and the Woman must skate the Woman's Steps</p> <p>Step #1 of 2RF skated at the Judges right side; the Woman skates the Man's steps and the Man skates the Woman's steps (switch tracking/sides on Key Points in a recognized hold excluding hand in hand).</p> <p>Variation of Hold is permitted except during the Key Points. Crossing the Long Axis is permitted for Steps #5, #8 – 9.</p> <p>The description, chart and diagram of the Pattern Dance Element Rocker Foxtrot are included in the ISU Handbook Ice Dance 2003.</p>	<p>One (1) Pattern Dance Type Step Sequence (PSt), (Style D): Skated to any tempo for any exact number of musical phrases with two different difficult turns per partner from: Back entry Rocker, Counter, Bracket and Forward Outside Mohawk. Only the first two attempted are considered for level. Must remain in contact at all times, even during changes of Holds (except when performing Twizzles as connecting Choreography).</p> <p>Starts with a Stop or skidding movement 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</p> <p>Stops: A stop at the start of the PST will count as one of the permitted stops. A skidding movement to start the PSt will NOT be considered as a stop.</p> <p>One (1) Choreographic Rhythm Sequence Tempo: 100 beats/minute minimum</p> <p>Steps: Silver Samba, steps #9, 9a, 9b to #47, Woman's steps and / or Man's steps skated by either the Man or the Woman or a combination of both provided there is continuity of prescribed steps always performed by at least 1 partner. No restriction in the number of beats per step. Remain in contact with any holds are permitted starting on the judges' left side with step no. #9 of the Woman and #9a and #9b of the Man and finishing with step #47. May cross the long axis without any restriction.</p>
DANCE LIFT	Maximum one (1) Short Lift (up to 7 seconds)	
STEP SEQUENCE	<p>One (1) Step Sequence Not Touching (Style B) Specifications to Style B, Rhythm Dance:</p> <ul style="list-style-type: none"> - Skated to any tempo, Midline or Diagonal ONLY, no more than 2 arm lengths apart - Touching the ice with any part of the body is allowed but not longer than 5 secs - Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops, must be performed Not Touching). <p>Not permitted: - Loop(s), Retrogression(s)</p> <p><i>The Step Sequence is evaluated as one unit by adding the Base Values of the Woman Step Sequence Level and the Man Step Sequence Level and then applying the GOE.</i></p>	
SEQUENTIAL TWIZZLES	<p>One (1) Set of Sequential Twizzles At least two twizzles for each partner and must not be in contact between Twizzles Up to 1 step between Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p> <p><i>Set of Sequential Twizzles is evaluated as one unit by adding the Base Values of the Woman Set of Twizzles and Man Set of Twizzles and then applying the GOE.</i></p>	

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PRELIMINARY FREE DANCE	DANCE SPINS	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.0 each	One (1)	One (1)	One (1) chosen from:
1:30 +/- 10 secs NO vocal music IJS Level – Elementary Max Level 1 to be called for features Fall deduction 0.5 per fall per skater Refer to ISA By-Law 410	A spin performed by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.	One (1) set of Synchronized Twizzles	Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence

ELEMENTARY FREE DANCE	DANCE SPINS	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.0 each	One (1)	One (1)	Two (2)
2:00 +/- 10 secs NO vocal music IJS Level – Elementary Max Level 1 to be called for features Fall deduction 0.5 per fall per skater Refer to ISA By-Law 411	A spin performed by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.	One (1) set of Synchronized Twizzles	One (1) of which must be a Choreographic Lift plus one (1) additional chosen from: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence

BASIC NOVICE FREE DANCE	DANCE SPINS	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.0 each	One (1)	One (1)	Two (2)
2:00 +/- 10 secs Vocal music permitted IJS Level – Basic Novice Max Level 1 to be called for features Fall deduction 0.5 per fall per skater Refer to ISU Communication 2555	A spin performed by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.	One (1) set of Sequential Twizzles At least two Twizzles for each partner and must not be in contact between Twizzles. Up to 1 step between Twizzles (each push and/or transfer of weight while on two feet between Twizzles is considered as a step.)	One (1) of which must be a Choreographic Character Step Sequence plus one (1) additional chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement

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INTERMEDIATE NOVICE FREE DANCE	LIFTS	DANCE SPINS	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.0 each	One (1)	One (1)	One (1)	Two (2) different
2:30 +/- 10 secs Vocal music permitted IJS Level – Basic Novice Max Level 2 to be called for features Fall deduction 0.5 per fall per skater Refer to ISU Communication 2555	No more than one (1) Short Lift	A spin performed by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.	One (1) set of Sequential Twizzles At least two Twizzles for each partner and must not be in contact between Twizzles. Up to 1 step between Twizzles (each push and/or transfer of weight while on two feet between Twizzles is considered as a step.)	One (1) of which must be a Choreographic Character Step Sequence plus one (1) additional chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement

ADVANCED NOVICE FREE DANCE	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.0	One (1)	One (1)	One (1)	One (1)	Two (2) different
3:00 +/- 10 secs Vocal music permitted IJS Level – Advanced Novice Max Level 3 to be called for features Fall deduction 0.5 per fall per skater Refer to ISU Communication 2555	No more than one (1) Short Lift	A spin performed by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.	Style B Straight Line (midline or diagonal) in hold OR Curved (circular or serpentine) in hold	One (1) set of Sequential Twizzles At least two Twizzles for each partner and must not be in contact between Twizzles. Up to 1 step between Twizzles (each push and/or transfer of weight while on two feet between Twizzles is considered as a step.)	Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence

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FREE DANCE	JUNIOR 3 minutes and 30 seconds (+/-) 10 seconds	SENIOR 4 minutes (+/-) 10 seconds
Refer to ISU Communication 2560 for full description and details of all elements		
DANCE LIFT Not more than	Two (2) Different Types of Short Lift OR One (1) Combination Lift	Three (3) Different Type Short Lift OR One (1) Short Lift and One (1) Combination Lift <small>(Short Lift must be a different type than in the Combination Lift)</small>
DANCE SPIN	<ul style="list-style-type: none"> • One (1) Dance Spin <p align="center">Specifications for Season 2022/23</p> <p align="center">Dance Spin (DSp) - A spin skated by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners</p>	
STEP SEQUENCE – Types: Straight Line or Curve One (1) One Foot Turns Sequence, (OFT)	<ul style="list-style-type: none"> • One (1) Step Sequence in Hold (Style B) <p align="center">Specifications for Style B, Free Dance 2022-2023:</p> <p align="center">Not Permitted – Retrogression, Stops, Loops, Hand in hand hold with fully extended arms cannot be established, separations of more than 2 arm lengths and/or exceeding 5 seconds</p> <p align="center">The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.</p> <p align="center"><i>The Step Sequence is evaluated as one unit by adding the Base Values of the Woman Step Sequence Level and the Man Step Sequence Level and then applying the GOE</i></p> <p align="center">Must be a different shape to the ChSt if that is chosen as one of the Choreographic elements</p> <ul style="list-style-type: none"> • One (1) One Foot Turns Sequence FD Option - Not touching <p align="center">Difficult Turns performed on one foot by each partner and must be started with the first Difficult Turn at the same time. The additional Difficult Turns do not have to be performed at the same time.</p> <p align="center"><i>One Foot Turns Sequence is evaluated as one unit by adding the Base Values of the Woman One Foot Turns Sequence & Man One Foot Turns Sequence and then applying the GOE.</i></p>	
SYNCHRONIZED TWIZZLES	<p align="center">One (1) Set of Synchronized Twizzles</p> <p align="center">At least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p> <p align="center">- Partners may be in contact at some point between the 1st and 2nd Twizzles.</p>	
CHOREOGRAPHIC ELEMENT	<p>Two (2) Different Choreographic Elements chosen from:</p> <p>Choreographic Lift Choreographic Spinning Movement Choreographic Assisted Jumps Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence Choreographic Hydroblading Movement</p>	<p>Three (3) Different Choreographic Elements chosen from:</p> <p>Choreographic Lift Choreographic Spinning Movement Choreographic Assisted Jumps Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence Choreographic Hydroblading Movement</p>