

Rhythm Dance	RHYTHM	PATTERN DANCE REQUIREMENT	LIFTS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<p>JUNIOR</p> <p>2:50 +/- 10 sec</p>	<p>Music requirements:</p> <p><u>Music from musicals and/or operettas from any number of the following rhythms: quickstep, blues, march, polka, foxtrot, swing, Charleston, waltz.</u></p> <p>The pattern dance element, Tea-Time Foxtrot, must be skated to a <u>foxtrot</u> rhythm and in the style of <u>foxtrot</u>.</p> <p>The tempo of the music throughout the Tea-Time Foxtrot must be constant and in accordance with the required tempo of the pattern dance: <u>108 beats per minute +/-2 beats.</u></p>	<p><u>Two (2) Sections of the Tea-Time Foxtrot, skated one after the other, Section #1 (steps # 1-31) followed by Section #2 (steps# 32-54), with step #1 skated in front of the judges on the side of the judges.</u></p> <p><u>Note: Variation of foxtrot hold is permitted. Prescribed holds in twizzles may be different as long as contact between partners is maintained.</u></p> <p>The first step of the dance begins on beat 1 of a musical phrase.</p> <p>See ISU Communication #2239 for key points.</p>	<p>1 Short Lift</p> <p>Up to 7 secs</p>	<p>1 Step Sequence</p> <p>In hold or not touching or a combination of both (Style B):</p> <p><u>Pattern must be midline or diagonal</u></p> <p><u>Must be skated to a different rhythm from the one chosen for the pattern dance element.</u></p> <p>Not Permitted:</p> <ul style="list-style-type: none"> -Retrogression -Loops -Hand-in-hand hold with fully extended arms <p>Permitted:</p> <ul style="list-style-type: none"> -One stop up to 5 sec -Separations of no more than 2 arms lengths 	<p>1 Set of Sequential Twizzles</p> <p>At least two twizzles for each partner.</p> <p>Up to one step in between twizzles. <u>(Each push and/or transfer of weight while on two feet between twizzles is considered as a step).</u></p> <p><u>Must not be in contact between twizzles.</u></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) of barrier. May also cross long axis at entry and/or exit to Style B 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, couple 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. A dance spin or choreographic spinning movement that doesn't ravel will be considered as a stop.</p> <p>Separations: Must not separate except to change hold or perform elements requiring separation. Max two arms lengths allowed during such separations. Change of hold and turns as transitional elements must not exceed 1 measure of music. Separations at beginning and/or end of program may be up to 10 secs in duration without restrictions on distance.</p> <p>Touching the ice with hand(s) is not permitted.</p> <p>See <u>ISU Communication #2239</u> for detailed rules for the rhythm dance.</p>

Rhythm Dance	RHYTHMS	PATTERN DANCE REQUIREMENTS	LIFTS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<p>SENIOR</p> <p>2:50 +/- 10 sec</p>	<p>Music requirements:</p> <p><u>Music from musicals and/or operettas</u> from any number of the following rhythms: <u>quickstep, blues, march, polka, foxtrot, swing, Charleston, waltz.</u></p> <p>The pattern dance element, Finnstep, must be skated to the: <u>quickstep, Charleston or swing rhythm</u>, in the style of the chosen rhythm.</p> <p>The tempo of the music throughout the Finnstep must be constant and in accordance with the required tempo of the pattern dance: <u>104 beats per minute +/-2 beats.</u></p> <p>The pattern dance type step sequence (PSt) <u>must be skated to the same rhythm selected for the Finnstep. The chosen tune may be the same as for Finnstep or different but must have the same tempo. The tempo of the music throughout the Finnstep and PSt must be constant and in accordance with the required tempo.</u></p>	<p><u>One (1) section of Finnstep comprised of steps #1-33.</u></p> <p>The first step of the dance begins on beat <u>1</u> of a musical phrase.</p> <p>See ISU Communication <u>#2239</u> for key points.</p> <p style="text-align: center;">AND</p> <p>One (1) Pattern Dance Type Step Sequence (PSt), (Style B):</p> <p>- Duration: any exact number of musical phrases.</p> <p>- Pattern: <u>starting immediately following the slide and stop on step #33 of Finnstep, concluding at the short axis (middle of rink) on judges' side.</u></p> <p>- Stops: <u>after completion of step #33 a stop can be up to 5 seconds and is not counted as one of the permitted stops. No additional stops are allowed during PSt.</u></p> <p>- Holds: by exception to Rule 6090 (E), hand-in-hand hold with fully extended arms cannot be established, and partners must remain in contact at all times, even during changes of holds and twizzles.</p> <p>- Not permitted: separations, retrogressions and loops, hand-in-hand hold with fully extended arms.</p>	<p>1 Short Lift</p> <p>Up to 7 secs</p>	<p>1 Step Sequence</p> <p>In hold or not touching or a combination of both (Style B):</p> <p><u>Pattern must be midline or diagonal</u></p> <p><u>Must be skated to a different rhythm from the one chosen for the pattern dance element.</u></p> <p>Not Permitted:</p> <ul style="list-style-type: none"> -Retrogression -Loops -<u>Hand-in-hand hold with fully extended arms</u> <p>Permitted:</p> <ul style="list-style-type: none"> -One stop up to 5 sec -<u>Separations of no more than 2 arms lengths</u> 	<p>1 Set of Sequential Twizzles</p> <p>At least two twizzles for each partner.</p> <p>Up to one step in between twizzles. <u>(Each push and/or transfer of weight while on two feet between twizzles is considered as a step).</u></p> <p><u>Must not be in contact between twizzles</u></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) of barrier. May also cross long axis at entry and/or exit to Style B 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, couple 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. A dance spin or choreographic spinning movement that doesn't ravel will be considered as a stop.</p> <p>Separations: Must not separate except to change hold or perform elements requiring separation. Max two arms lengths allowed during such separations. Change of hold and turns as transitional elements must not exceed 1 measure of music. Separations at beginning and/or end of program may be up to 10 secs in duration without restrictions on distance.</p> <p>Touching the ice with hand(s) is not permitted.</p> <p>See <u>ISU Communication #2239</u> for detailed rules for the rhythm dance.</p>