



**SOLO ICE DANCE
PATTERN DANCES,
REQUIRED ELEMENTS**

&

Scale of Values

Official Communication

Finnish Ice Dance

Category	SOLO BEGINNER	SOLO BASIC NOVICE	SOLO INTERMEDIATE NOVICE	SOLO ADVANCED NOVICE	SOLO JUNIOR	SOLO SENIOR
Age Restriction	Has not reached the age of ten (10)*	Has reached the age of ten (10) and has not reached the age of twelve (12)*	Has reached the age of twelve (12) and has not reached the age of fourteen (14)*	Has reached the age of thirteen (13) and has not reached the age of fifteen (15)*	Has reached the age of fifteen (15) and has not reached the age of nineteen (19)*	Has reached the age of nineteen (19)*
*as of July 1 st preceding the first event						
All deductions for novice categories are half the normal deductions for junior/senior. See Deductions Chart.						
General Information for Pattern Dances – All Novice Categories						
Calling Process without Key Points: Beginners Basic Novice	Technical Panel identifies Sequences/sections of the Pattern Dances as Basic Level when 50% of the Sequence/section is completed by the skater; Level 1 when 75% of the Sequence is completed by the skater. Technical Panel also identifies, and calls falls.					
Calling Process with Key Points: Intermediate Novice Advanced Novice	Technical Panel determines the Level of every Section/sequence. Intermediate Novice up to Level 2 Advanced Novice up to Level 3					
For events with two Pattern Dance	The score for each Pattern Dance will be multiplied by a factor of 0.5 in Solo Beginner & Solo Basic Novice, 0.75 in Solo Intermediate Novice and 1.0 in Solo Advanced Novice.					
MUSIC REQUIREMENTS FOR PATTERN DANCES FOR COMPETITIONS						
<p>Rule 707, paragraph 5 provides that, in International Competitions, the current series of ISU Ice Dance music shall be used for the Pattern Dance unless the Ice Dance Technical Committee has decided that the music for one or several Pattern Dances is to be provided by the Skater, following certain requirements.</p> <p>For season 2022/23, Couples shall provide their own music for all Pattern Dances. According to Rule 707 paragraph 6: After the completion of the last step of the Pattern Dance, the Skater must reach their final pose within 20 seconds. If this time limit is exceeded, a "Pattern Dances Program time" deduction according to Rule 353, paragraph 1. n) shall apply. Other International Competitions and International Adult Competitions: As announced by the organizer in the announcement of the competition. The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dancing 2003) plus or minus 2 beats per minute (for dances with 4/4 timing) and plus or minus 3 beats per minute for waltz rhythms.</p>						
All Solo Novice Categories	<p>All Pattern Dances will be skated in the order listed and must be performed with the first sequence executed in front of the judges' stand. If not, the Referee will stop the couple and instruct them to restart on the correct side without deduction. The first Step of the dance must be on beat 1 of a measure.</p> <p>Skaters shall provide their own music for all Pattern Dances. May be ISU Ice Dance music (tune 1-5).</p> <p>Each skater's music for the official practice will be played for both Pattern Dances (Every Skater skates the first Pattern Dance to their own music and then every Skater skates the second dance to their own music)</p> <p>Warm-up 3 minutes, max 6 skaters. The first 30 seconds are without music, followed by 2 minutes and 30 seconds of the 6th tune of the ISU Ice Dance music has to be played.</p>					

PATTERN DANCE INFORMATION (Season 2022-2023)							
		Pattern Dance	# of sequences	Music	Pattern	Components Factors 0.7	Warm-up Music
Solo Beginner No Key Points, Called to Level 1 max	Pattern Dance 1	Dutch Waltz	2 Sequences	Waltz 3/4; Tempo (the same as "European Waltz") 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute	Set Pattern	Timing	the 6 th (last) tune of the European Waltz ISU Ice Dance music
	Pattern Dance 2	Tango Canasta	4 Sequences	Tango 4/4; Tempo (the same as "Tango") 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Set Pattern	Presentation Skating Skills	the 6 th (last) tune of the Tango ISU Ice Dance music
Solo Basic Novice No Key Points, Called to Level 1 max	Pattern Dance 1	Swing Dance	2 Sequences	Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing	The 6 th (last) tune of the Foxtrot ISU Ice dance music
	Pattern Dance 2	Willow Waltz	2 Sequences	Waltz 3/4; Tempo (the same as "European Waltz") 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute	Set Pattern	Presentation	The 6 th (last) tune of the European Waltz ISU Ice dance music
	Pattern Dance 3	Tango Fiesta	3 Sequences	Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Set Pattern	Skating Skills	The 6 th (last) tune of the Tango ISU Ice dance music
Solo Intermediate Novice Key Points called to Level 2 Max	Group 1 Pattern Dance 1	Rocker Foxtrot	4 Sequences	Foxtrot 4/4; Tempo 26 measures of 4 beats (104 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing	The 6 th (last) tune of the Rocker Foxtrot ISU Ice dance music
	Group 1 Pattern Dance 2	American Waltz	2 Sequences	Waltz 3/4; Tempo 66 measures of 3 beats (198 beats per minute) plus or minus 3 beats per minute	Set Pattern		The 6 th (last) tune of the American Waltz ISU Ice dance music
	Group 2 Pattern Dance 1	Fourteenstep	4 Sequences	March 2/4 and 4/4; 56 measures of 2 beats per minute and 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute	Set Pattern	Presentation	The 6 th (last) tune of the Fourteenstep ISU Ice dance music
	Group 2 Pattern Dance 2	Tango	2 Sequences	Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Optional Pattern	Skating Skills	The 6 th (last) tune of the Tango ISU Ice dance music
Solo Advanced Novice Key Points called to Level 3 Max	Pattern Dance 1	Westminster Waltz	2 Sequences	Waltz ¾; Tempo 54 measures of 3 beats (162 beats per minute) plus or minus 3 beats per minute	Optional	Timing	The 6 th (last) tune of the Westminster Waltz ISU Ice dance music
	Pattern Dance 2	Argentine Tango	2 Sequences	Tango 4/4; Tempo 24 measures of 4 beats (96 beats per minute) plus or minus 2 beats per minute	Set	Presentation Skating Skills	The 6 th (last) tune of the Tango ISU Ice dance music

PATTERN DANCE PERCENTAGE OF STEPS INFORMATION (Season 2022-2023)										
Category	Dance		Duration in secs per sequence	Required Section of Sequences	No of Steps per section or sequence	No of Steps				
						10%	25%	50%	75%	90%
Solo Beginner	Dutch Waltz	98 102 bpm	20.4 – 21.3	2 Sequences	16	2	4	8	12	14
	Tango Canasta	106-110 bpm	Approx. 11	3 Sequences	14	1	4	7	11	13
Solo Basic Novice	Swing Dance	98 - 102 bpm	18.8 – 19.6	2 Sequences	30	3	7	15	23	27
	Willow Waltz	132 - 138 bpm	23.4 – 24.6	2 Sequences	22	2	6	11	17	20
	Tango Fiesta	106 - 110 bpm	17.5 – 18.1	3 Sequences	16	2	4	8	12	14
Solo Intermediate Novice	Rocker Foxtrot	102 - 106 bpm	15.8 – 16.5	4 Sequences	14	1	4	7	11	13
	American Waltz	195 - 201 bpm	28.8 – 29.4	2 Sequences	16	2	4	8	12	14
	Fourteenstep	110 - 114 bpm	10.5 – 10.9	4 Sequences	14	1	4	7	11	13
	Tango	106 - 110 bpm	28.4 – 29.4	2 Sequences	22	2	6	11	17	20
Solo Advanced Novice	Westminster Waltz	159 - 165 bpm	28.4 – 29.5	2 Sequences	24	2	7	13	19	22
	Argentine Tango	94 - 98 bpm	31.8 – 33.2	2 Sequences	31	3	8	16	23	28

KEY POINTS AND KEY POINTS FEATURES FOR PATTERN DANCES SEASON 2022/23

SOLO BEGINNER

Characteristics of Levels for Solo Beginner Pattern Dances:

Level Basic	Level 1
50% of Pattern Dance is completed by Skater	75% of Pattern Dance is completed by Skater

SOLO BASIC NOVICE

Characteristics of Levels for Solo Basic Novice Pattern Dances:

Level Basic	Level 1
50% of Pattern Dance is completed by Skater	75% of Pattern Dance is completed by Skater

SOLO INTERMEDIATE NOVICE

Characteristics of Levels for Solo Intermediate Novice Pattern Dances:

Level Basic	Level 1	Level 2
50% of Pattern Dance is completed by Skater	75% of Pattern Dance is completed by Skater	1 Key Point is correctly executed

Rocker Foxtrot

Each Sequence (RF1Sq, RF2Sq, RF3Sq, RF4Sq)	Key Point	Woman Steps 11-12 (LFO CIMo, RBO) Man Steps 11-12 (LFO CIMo, RBO)
Key Point Features	1. Correct Edges 2. CIMo: Correct Turn 3. CIMo: Correct Placement of the free foot	

American Waltz

Each Sequence (AW1Sq, AW2Sq)	Key Point	Woman Steps 7-9 (LBO-SwR, RFO-Sw3, LBO-SwR) Man Steps 6-8 (RFO-SW3, LBO-SwR, RFO-SwR)
Key Point Features	1. Correct Edges 2. Correct Turn	

Fourteenstep

Each Sequence (FO1Sq, FO2Sq, FO3Sq, FO4Sq)	Key Point	Woman Steps 1-4 (RBO, LBI-Pr, RBO, LBO-SwR) Man Steps 3-5 (LFO, RFI-Pr, LFO, RFO-SwR)
Key Point Features	1. Correct Edges 2. Progressive: not performed as a Chassé	

Tango

Each Sequence (TA1Sq, TA2Sq)	Key Point	Woman Steps 22 (RFI3) Man Steps 7 (XF-RFO-Rk)
Key Point Features	1. Correct Edges (both) 2. Three Turn: Correct Turn (Woman) 3. Rk (#7): Correct Turn (Man)	

SOLO ADVANCED NOVICE

Characteristics of Levels for Solo Advanced Novice Pattern Dances:

Level Basic	Level 1	Level 2	Level 3
50% of Pattern Dance is completed by Skater	75% of Pattern Dance is completed by Skater	1 Key Point is correctly executed	2 Key Points are correctly executed

Westminster Waltz

Each Sequence (SW1Sq & SW2Sq2)	Key Point 1 Woman Steps 5-7 (LFI OpMo, RBI, LBO) Man Steps 5-7 (LFOI OpMo, RBI, LBO)	Key Point 2 Woman Steps 15-16 (RFI3, CR-LBO) Man Steps 22 (RFOI-SwR)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 3. Correct placement of the free foot 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn (RFI3) 3. Correct swing of the free leg (SwR)

Argentine Tango

Each Sequence (AT1Sq, AT2Sq)	Key Point 1 Woman Steps 13-15 (CR-RFO3, LBO, RFO) Man Steps 13-15 (CR-LBO, RFO3, LBO)	Key Point 2 Woman Steps 23-24 (LFO-Sw-Tw1 (between counts 4&1), RFO) Man Steps 23-24 (LFO Sw-OpCho, RBI (between counts 4&1-, LBO)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 3. Correct Placement of the free foot

*Cross Roll (Forwards/backwards) – Requirement/Description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

**For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

Note: A change of edge within the last ½ a beat of the step is permitted to prepare the push/transition to the next step.

Note: Step #23 is a left outside edge ending in a forward clockwise “twizzle-like motion” Tw1. Woman’s body turns one full continuous rotation, it is not mandatory for the skating foot to execute a full turn, followed by a step RFO.

General note: the first step of the dance begins on beat one of a musical phrase. This is ARGENTINE TANGO.

SOLO JUNIOR

Characteristics of Levels for Solo Junior Pattern Dance Element:

Level Basic	Level 1	Level 2	Level 3	Level 4
75% of Pattern Dance is completed by Skater	1 Key Point is correctly executed	2 Key Points are correctly executed	3 Key Points are correctly executed	4 Key Points are correctly executed

Argentine Tango

AT1	Key Point 1 Woman Steps 7-10 (LFO, XF-RFO, XB-FLIO, XB-RFIO) Man Steps 7-10 ((LFO, XF-RFO, XB-FLIO, XB-RFI-Ctr)	Key Point 2 Woman Steps 13-15 (CR-RFO3, LBO, RFO) Man Steps 13-15 (CR-LBO, RFO3, LBO)	Key Point 3 Woman Steps 23-24 (LFO-Sw-Tw1 (between counts 4&1), RFO) Man Steps 23-24 (LFO Sw-OpCho, RBI (between counts 4&1-, LBO)	Key Point 4 Woman Steps 31 (CR-LBO-SwR/RFI (between 4&1)) Man Steps 31 (CR-RFO-SwR)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Change of edges 3. For Man: Correct Turn 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Cross Roll movement

*Cross Roll (Forwards/backwards) – Requirement/Description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

**For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

Note: A change of edge within the last ½ a beat of the step is permitted to prepare the push/transition to the next step.

Note: Step #23 is a left outside edge ending in a forward clockwise “twizzle-like motion” Tw1. Woman’s body turns one full continuous rotation, it is not mandatory for the skating foot to execute a full turn, followed by a step RFO.

General note: the first step of the dance begins on beat one of a musical phrase. This is ARGENTINE TANGO.

I. Solo Beginner

Solo Beginner Pattern Dances							
Pattern Dances No Key Points Called max to Level 1	Pattern Dance 1	Dutch Waltz	2 Sequences	Waltz 3/4; Tempo (the same as "European Waltz") 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute	Set Pattern	Skating Skills	The 6 th (last) tune of the European Waltz ISU Ice dance music
	Pattern Dance 2	Tango Canasta	4 Sequence	Tango 4/4; Tempo (the same as "Tango") 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Set Pattern	Performance Timing	The 6 th (last) tune of the Tango ISU Ice dance music
Solo Beginner Free Dance (Duration : 1'30 +/-10sec)							
Dance Pose – not more than	<ul style="list-style-type: none"> • One (1) Type of Short Pose 						
Dance Spin	<ul style="list-style-type: none"> • One (1) Dance Spin (Spin or Combination Spin) Specifications for Season 2022/23 						
"Solo" Twizzles	<ul style="list-style-type: none"> • One (1) Set of "Solo" Twizzles (FD Variation) Specifications for Season 2022/23 At least 2 Twizzles, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of body weight on two feet between Twizzles is considered as a step) 						
Choreographic Element	<ul style="list-style-type: none"> • Two (2) Different Choreographic Elements chosen from: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence Choreographic Jump Sequence 						

II. Solo Basic Novice

Solo Basic Novice Pattern Dances							
Pattern Dances No Key Points Called to max Level 1	Pattern Dance 1	Swing Dance	2 Sequences	Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute	Set Pattern	Skating Skills	The 6 th (last) tune of the Foxtrot ISU Ice dance music
	Pattern Dance 2	Willow Waltz	2 Sequences	Waltz 3/4; Tempo (the same as "European Waltz") 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute	Set Pattern		Performance
	Pattern Dance 3	Tango Fiesta	3 Sequences	Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing	The 6 th (last) tune of the Tango ISU Ice dance music
Solo Basic Novice Free Dance (Duration : 1'30 +/-10sec)							
Dance Pose – not more than	<ul style="list-style-type: none"> • One (1) Type of Short Pose 						
Dance Spin	<ul style="list-style-type: none"> • One (1) Dance Spin (Spin or Combination Spin) Specifications for Season 2022/23 						
"Solo" Twizzles	<ul style="list-style-type: none"> • One (1) Set of "Solo" Twizzles (FD Variation) Specifications for Season 2022/23 At least 2 Twizzles, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of body weight on two feet between Twizzles is considered as a step) 						
Choreographic Element	<ul style="list-style-type: none"> • Two (2) Choreographic Elements, one of which must be a Choreographic Character Step Sequence, chosen from: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence Choreographic Jump Sequence 						

III. Solo Intermediate Novice

Solo Intermediate Novice Pattern Dances							
Pattern Dances Key Points called to max Level 2	Group 1 Pattern Dance 1	Rocker Foxtrot	4 Sequences	Foxtrot 4/4; Tempo 26 measures of 4 beats (104 beats per minute) plus or minus 2 beats per minute	Set Pattern	Skating Skills Performance Timing	The 6 th (last) tune of the Rocker Foxtrot ISU Ice dance music
	Group 1 Pattern Dance 2	American Waltz	2 Sequences	Waltz 3/4; Tempo 66 measures of 3 beats (198 beats per minute) plus or minus 3 beats per minute	Set Pattern		The 6 th (last) tune of the American Waltz ISU Ice dance music
	Group 2 Pattern Dance 1	Fourteenstep	4 Sequences	March 2/4 and 4/4; 56 measures of 2 beats per minute and 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute	Set Pattern		The 6 th (last) tune of the Fourteenstep ISU Ice dance music
	Group 2 Pattern Dance 2	Tango	2 Sequences	Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Optional Pattern		The 6 th (last) tune of the Tango ISU Ice dance music
Solo Intermediate Free Dance (Duration : 2'00 +/-10sec)							
Dance Pose – not more than	<ul style="list-style-type: none"> • One (1) Type of Short Pose 						
Dance Spin	<ul style="list-style-type: none"> • One (1) Dance Spin (Spin or Combination Spin) Specifications for Season 2022/23 						
“Solo” Twizzles	<ul style="list-style-type: none"> • One (1) Set of “Solo” Twizzles (FD Variation) Specifications for Season 2022/23 At least 2 Twizzles, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of body weight on two feet between Twizzles is considered as a step) 						
Choreographic Element	<ul style="list-style-type: none"> • Two (2) Different Choreographic Elements, one of which must be a Choreographic Character Step Sequence, chosen from: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence Choreographic Jump Sequence 						

IV. Solo Advanced Novice

Solo Advanced Novice Pattern Dances							
Pattern Dance Element	Pattern Dance 1	Westminster Waltz	2 Sequences	Waltz ¾; Tempo 54 measures of 3 beats (162 beats per minute) plus or minus 3 beats per minute	Optional	Skating Skills Performance	The 6 th (last) tune of the Westminster Waltz ISU Ice dance music
Key Points Called up to max Level 3	Pattern Dance 2	Argentine Tango	2 Sequences	Tango 4/4; Tempo 24 measures of 4 beats (96 beats per minute) plus or minus 2 beats per minute	Set	Interpretation Timing	The 6 th (last) tune of the Tango ISU Ice dance music
Solo Advanced Novice Free Dance (Duration : 2'30 +/-10sec)							
Dance Pose – not more than	<ul style="list-style-type: none"> • One (1) Different Type of Short Pose 						
Dance Spin	<ul style="list-style-type: none"> • One (1) Dance Spin (Spin or Combination Spin) Specifications for Season 2022/23 						
Step Sequence	<ul style="list-style-type: none"> • 1 Step Sequence (Style B) Specifications to Style B, Free Dance 2021/22: Retgression – one (1) permitted – must not exceed two measures of music Not permitted: Stops Loops The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern 						
"Solo" Twizzles	<ul style="list-style-type: none"> • One (1) Set of "Solo" Twizzles (FD Variation) Specifications for Season 2021/22 At least 2 Twizzles, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of body weight on two feet between Twizzles is considered as a step) 						
Choreographic Element	<ul style="list-style-type: none"> • Two (2) Different Choreographic Elements chosen from: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence Choreographic Jump Sequence 						

V. Solo Junior – Rhythm Dance & Free Dance

Junior Rhythm Dance (Duration : 2"50 +/-10sec)	
Pattern Dance Element (1AT)	<ul style="list-style-type: none"> • One (1) Full Sequence of the Argentine Tango: skated to Tango rhythm/style, with the range of tempo: 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute Steps #1 to #31 without separating Section 1 and Section 2.
Dance Pose	<ul style="list-style-type: none"> • One (1) Short Pose
Step Sequence	<ul style="list-style-type: none"> • One (1) Step Sequence (Style B): Specifications to Style B, Rhythm Dance 2021/22: <ul style="list-style-type: none"> - Must be skated to a different Rhythm than the one chosen for the Pattern Dance Element and the Pattern Dance Type Step Sequence (Senior). - Chosen pattern may ONLY by Midline or Diagonal - Retrogression – NOT permitted - Loops – NOT permitted - Stops – up to one (1) permitted for up to 5 seconds
Sequential Twizzles	<ul style="list-style-type: none"> • One (1) Set of Sequential Twizzles <ul style="list-style-type: none"> - At least two Twizzles for the Skater - Up to 1 step between Twizzles (each push and/or transfer of weight while on two feet between Twizzles is considered as a step)
Junior Free Dance (Duration : 3"00 +/-10sec)	
Dance Pose – not more than	<ul style="list-style-type: none"> • Two (2) Different Types of Short Pose Or One (1) Combination Pose
Dance Spin	<ul style="list-style-type: none"> • One (1) Dance Spin Specifications for Season 2022/23
Step Sequences	<ul style="list-style-type: none"> • One (1) Step Sequence (Style B) Specifications to Style B, Free Dance 2021/22: Retrogression – one (1) permitted – must not exceed two measures of music Not permitted: Stops Loops The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern • One (1) One Foot Step Sequence (Turns performed on one foot)
"Solo" Twizzles	<ul style="list-style-type: none"> • One (1) Set of "Solo" Twizzles (FD Variation) Specifications for Season 2022/23 At least 2 Twizzles, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of body weight on two feet between Twizzles is considered as a step)
Choreographic Elements	<ul style="list-style-type: none"> • Two (2) Different Choreographic Elements chosen from: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence Choreographic Jump Sequence

VI. Solo Senior – Rhythm Dance & Free Dance

Senior Rhythm Dance (Duration : 2'50 +/-10sec)	
Pattern Dance Type Step Sequence (PSt)	<ul style="list-style-type: none"> • One (1) Pattern Dance Type Step Sequence (PSt), (Style D): <ul style="list-style-type: none"> - Rhythm: skated to a different Rhythm/Style from that chosen for the Step Sequence Style B. - Duration: any exact number of musical phrases - Pattern: starting with a Stop on the Short Axis on either side of the rink and concluding on the Short Axis of the opposite side of the rink. One 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, Retrogressions and Loops
Dance Pose	<ul style="list-style-type: none"> • One (1) Short Pose
Step Sequence	<ul style="list-style-type: none"> • One (1) Step Sequence (Style B): Specifications to Style B, Rhythm Dance 2022/23: <ul style="list-style-type: none"> - Must be skated to a different Rhythm than the one chosen for the Pattern Dance Element (Junior & Senior) and the Pattern Dance Type Step Sequence (Senior). - Chosen pattern may ONLY by Midline or Diagonal - NOT permitted: Retrogression & Loops - Stops – up to one (1) permitted for up to 5 seconds
Sequential Twizzles	<ul style="list-style-type: none"> • One (1) Set of Sequential Twizzles <ul style="list-style-type: none"> - At least 2 Twizzles for the Skater. Up to 1 step between Twizzles (each push and/or transfer of weight while on 2 feet between Twizzles is considered as a step)
Choreographic Rhythm Sequence	<ul style="list-style-type: none"> • One (1) Choreographic Rhythm Sequence <ul style="list-style-type: none"> - Rhythm: Skated to any of the designated Latin Rhythm/Styles and performed in the “style” of the chosen Rhythm - Pattern: <ul style="list-style-type: none"> -Starts on the Short Axis -Proceeds 10 meters on either side of the Short Axis -Proceeds from barrier to barrier (the requirement from barrier to barrier is fulfilled when the skaters is not more that 2 meters away from each barrier). -Retrogressions & Loops are permitted - Stop(s): for up to 5 seconds (this will count as one of the permitted stops). <p>The Choreographic Rhythm Sequence is evaluated as a Choreographic Element.</p>
Senior Free Dance (Duration : 3'30 +/-10sec)	
Dance Pose – Not more than	<ul style="list-style-type: none"> • Three (3) Different Type Short Pose Or One (1) Short Pose and One (1) Combination Pose (Short Pose must be a different type than in the Combination Pose)
Dance Spin	<ul style="list-style-type: none"> • One (1) Dance Spin (Spin or Combination) Spin Specifications for Season 2022/23
Step Sequence:	<ul style="list-style-type: none"> • 1 Step Sequence (Style B) Specifications to Style B, Free Dance 2022/23: <ul style="list-style-type: none"> Retrogression – one (1) permitted – must not exceed two measure of music Not permitted: Stops, Loops The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern • One (1) One Foot Step Sequence (Turns performed on one foot)
“Solo” Twizzles	<ul style="list-style-type: none"> • One (1) Set of “Solo” Twizzles (FD Variation) Specifications for Season 2022/23 <ul style="list-style-type: none"> At least 2 Twizzles, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of body weight on two feet between Twizzles is considered as a step)
Choreographic Elements	<ul style="list-style-type: none"> • Three (3) Different Choreographic Elements chosen from: <ul style="list-style-type: none"> Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence Choreographic Jump Sequence

SCALE OF VALUES FOR NOVICE PATTERN DANCES (WITHOUT KEY POINT PROCEDURE)

SOLO BEGINNER

Element Name	Abbreviation	-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
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Dutch Waltz

1 st Sequence	DW1SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	DW1Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25
2 nd Sequence	DW2SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	DW2Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25

Tango Canasta

1 st Sequence	TC1SqB	-2,50	-2,00	-1,50	-1,00	-0,50	3,33	0,50	1,00	1,50	2,00	2,50
	TC1Sq1	-3,50	-2,80	-2,10	-1,40	-0,70	4,66	0,70	1,40	2,10	2,80	3,50
2 nd Sequence	TC2SqB	-2,50	-2,00	-1,50	-1,00	-0,50	3,33	0,50	1,00	1,50	2,00	2,50
	TC2Sq1	-3,50	-2,80	-2,10	-1,40	-0,70	4,66	0,70	1,40	2,10	2,80	3,50
3 rd Sequence	TC3SqB	-2,50	-2,00	-1,50	-1,00	-0,50	3,33	0,50	1,00	1,50	2,00	2,50
	TC3Sq1	-3,50	-2,80	-2,10	-1,40	-0,70	4,66	0,70	1,40	2,10	2,80	3,50

SOLO BASIC NOVICE

Element Name	Abbreviation	-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
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Swing Dance

1 st Sequence	SD1SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	SD1Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25
2 nd Sequence	SD2SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	SD2Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25

Willow Waltz

1 st Sequence	WiW1SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	WiW1Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25
2 nd Sequence	WiW2SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	WiW2Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25

Tango Fiesta

1 st Sequence	TF1SqB	-2,50	-2,00	-1,50	-1,00	-0,50	3,33	0,50	1,00	1,50	2,00	2,50
	TF1Sq1	-3,50	-2,80	-2,10	-1,40	-0,70	4,66	0,70	1,40	2,10	2,80	3,50
2 nd Sequence	TF2SqB	-2,50	-2,00	-1,50	-1,00	-0,50	3,33	0,50	1,00	1,50	2,00	2,50
	TF2Sq1	-3,50	-2,80	-2,10	-1,40	-0,70	4,66	0,70	1,40	2,10	2,80	3,50
3 rd Sequence	TF3SqB	-2,50	-2,00	-1,50	-1,00	-0,50	3,33	0,50	1,00	1,50	2,00	2,50
	TF3Sq1	-3,50	-2,80	-2,10	-1,40	-0,70	4,66	0,70	1,40	2,10	2,80	3,50

SCALE OF VALUES FOR NOVICE PATTERN DANCES (WITH KEY POINT PROCEDURE)

SOLO INTERMEDIATE NOVICE

Element Name	Abbreviation	-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
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Rocker Foxtrot

1 st Sequence	RF1SqB	-1,88	-1,50	-1,13	-0,75	-0,38	2,50	0,38	0,75	1,13	1,50	1,88
	RF1Sq1	-2,63	-2,10	-1,58	-1,05	-0,53	3,50	0,53	1,05	1,58	2,10	2,63
	RF1Sq2	-2,63	-2,10	-1,58	-1,05	-0,53	4,00	0,53	1,05	1,58	2,10	2,63
	RF1Sq3	-2,63	-2,10	-1,58	-1,05	-0,53	4,50	0,53	1,05	1,58	2,10	2,63
	RF1Sq4	-2,63	-2,10	-1,58	-1,05	-0,53	5,00	0,53	1,05	1,58	2,10	2,63
2 nd Sequence	RF2SqB	-1,88	-1,50	-1,13	-0,75	-0,38	2,50	0,38	0,75	1,13	1,50	1,88
	RF2Sq1	-2,63	-2,10	-1,58	-1,05	-0,53	3,50	0,53	1,05	1,58	2,10	2,63
	RF2Sq2	-2,63	-2,10	-1,58	-1,05	-0,53	4,00	0,53	1,05	1,58	2,10	2,63
	RF2Sq3	-2,63	-2,10	-1,58	-1,05	-0,53	4,50	0,53	1,05	1,58	2,10	2,63
	RF2Sq4	-2,63	-2,10	-1,58	-1,05	-0,53	5,00	0,53	1,05	1,58	2,10	2,63
3 rd Sequence	RF3SqB	-1,88	-1,50	-1,13	-0,75	-0,38	2,50	0,38	0,75	1,13	1,50	1,88
	RF3Sq1	-2,63	-2,10	-1,58	-1,05	-0,53	3,50	0,53	1,05	1,58	2,10	2,63
	RF3Sq2	-2,63	-2,10	-1,58	-1,05	-0,53	4,00	0,53	1,05	1,58	2,10	2,63
	RF3Sq3	-2,63	-2,10	-1,58	-1,05	-0,53	4,50	0,53	1,05	1,58	2,10	2,63
	RF3Sq4	-2,63	-2,10	-1,58	-1,05	-0,53	5,00	0,53	1,05	1,58	2,10	2,63
4 th Sequence	RF4SqB	-1,88	-1,50	-1,13	-0,75	-0,38	2,50	0,38	0,75	1,13	1,50	1,88
	RF4Sq1	-2,63	-2,10	-1,58	-1,05	-0,53	3,50	0,53	1,05	1,58	2,10	2,63
	RF4Sq2	-2,63	-2,10	-1,58	-1,05	-0,53	4,00	0,53	1,05	1,58	2,10	2,63
	RF4Sq3	-2,63	-2,10	-1,58	-1,05	-0,53	4,50	0,53	1,05	1,58	2,10	2,63
	RF4Sq4	-2,63	-2,10	-1,58	-1,05	-0,53	5,00	0,53	1,05	1,58	2,10	2,63

American Waltz

1 st Sequence	AW1SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	AW1Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25
	AW1Sq2	-5,25	-4,20	-3,15	-2,10	-1,05	8,00	1,05	2,10	3,15	4,20	5,25
	AW1Sq3	-5,25	-4,20	-3,15	-2,10	-1,05	9,00	1,05	2,10	3,15	4,20	5,25
	AW1Sq4	-5,25	-4,20	-3,15	-2,10	-1,05	10,00	1,05	2,10	3,15	4,20	5,25
2 nd Sequence	AW2SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	AW2Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25
	AW2Sq2	-5,25	-4,20	-3,15	-2,10	-1,05	8,00	1,05	2,10	3,15	4,20	5,25
	AW2Sq3	-5,25	-4,20	-3,15	-2,10	-1,05	9,00	1,05	2,10	3,15	4,20	5,25
	AW2Sq4	-5,25	-4,20	-3,15	-2,10	-1,05	10,00	1,05	2,10	3,15	4,20	5,25

Fourteenstep

1 st Sequence	FO1SqB	-1,88	-1,50	-1,13	-0,75	-0,38	2,50	0,38	0,75	1,13	1,50	1,88
	FO1Sq1	-2,63	-2,10	-1,58	-1,05	-0,53	3,50	0,53	1,05	1,58	2,10	2,63
	FO1Sq2	-2,63	-2,10	-1,58	-1,05	-0,53	4,00	0,53	1,05	1,58	2,10	2,63
	FO1Sq3	-2,63	-2,10	-1,58	-1,05	-0,53	4,50	0,53	1,05	1,58	2,10	2,63
	FO1Sq4	-2,63	-2,10	-1,58	-1,05	-0,53	5,00	0,53	1,05	1,58	2,10	2,63
2 nd Sequence	FO1SqB	-1,88	-1,50	-1,13	-0,75	-0,38	2,50	0,38	0,75	1,13	1,50	1,88
	FO1Sq1	-2,63	-2,10	-1,58	-1,05	-0,53	3,50	0,53	1,05	1,58	2,10	2,63
	FO1Sq2	-2,63	-2,10	-1,58	-1,05	-0,53	4,00	0,53	1,05	1,58	2,10	2,63
	FO1Sq3	-2,63	-2,10	-1,58	-1,05	-0,53	4,50	0,53	1,05	1,58	2,10	2,63
	FO1Sq4	-2,63	-2,10	-1,58	-1,05	-0,53	5,00	0,53	1,05	1,58	2,10	2,63
3 rd Sequence	FO1SqB	-1,88	-1,50	-1,13	-0,75	-0,38	2,50	0,38	0,75	1,13	1,50	1,88
	FO1Sq1	-2,63	-2,10	-1,58	-1,05	-0,53	3,50	0,53	1,05	1,58	2,10	2,63
	FO1Sq2	-2,63	-2,10	-1,58	-1,05	-0,53	4,00	0,53	1,05	1,58	2,10	2,63
	FO1Sq3	-2,63	-2,10	-1,58	-1,05	-0,53	4,50	0,53	1,05	1,58	2,10	2,63
	FO1Sq4	-2,63	-2,10	-1,58	-1,05	-0,53	5,00	0,53	1,05	1,58	2,10	2,63
4 th Sequence	FO1SqB	-1,88	-1,50	-1,13	-0,75	-0,38	2,50	0,38	0,75	1,13	1,50	1,88
	FO1Sq1	-2,63	-2,10	-1,58	-1,05	-0,53	3,50	0,53	1,05	1,58	2,10	2,63
	FO1Sq2	-2,63	-2,10	-1,58	-1,05	-0,53	4,00	0,53	1,05	1,58	2,10	2,63
	FO1Sq3	-2,63	-2,10	-1,58	-1,05	-0,53	4,50	0,53	1,05	1,58	2,10	2,63
	FO1Sq4	-2,63	-2,10	-1,58	-1,05	-0,53	5,00	0,53	1,05	1,58	2,10	2,63

Element Name	Abbreviation	-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
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Tango

1 st Sequence	TA1SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	TA1Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25
	TA1Sq2	-5,25	-4,20	-3,15	-2,10	-1,05	8,00	1,05	2,10	3,15	4,20	5,25
	TA1Sq3	-5,25	-4,20	-3,15	-2,10	-1,05	9,00	1,05	2,10	3,15	4,20	5,25
	TA1Sq4	-5,25	-4,20	-3,15	-2,10	-1,05	10,00	1,05	2,10	3,15	4,20	5,25
2 nd Sequence	TA2SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	TA2Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25
	TA2Sq2	-5,25	-4,20	-3,15	-2,10	-1,05	8,00	1,05	2,10	3,15	4,20	5,25
	TA2Sq3	-5,25	-4,20	-3,15	-2,10	-1,05	9,00	1,05	2,10	3,15	4,20	5,25
	TA2Sq4	-5,25	-4,20	-3,15	-2,10	-1,05	10,00	1,05	2,10	3,15	4,20	5,25

SOLO ADVANCED NOVICE

Element Name	Abbreviation	-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
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Westminster Waltz

1 st Sequence	WW1SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	WW1Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25
	WW1Sq2	-5,25	-4,20	-3,15	-2,10	-1,05	8,00	1,05	2,10	3,15	4,20	5,25
	WW1Sq3	-5,25	-4,20	-3,15	-2,10	-1,05	9,00	1,05	2,10	3,15	4,20	5,25
	WW1Sq4	-5,25	-4,20	-3,15	-2,10	-1,05	10,00	1,05	2,10	3,15	4,20	5,25
2 nd Sequence	WW2SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	WW2Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25
	WW2Sq2	-5,25	-4,20	-3,15	-2,10	-1,05	8,00	1,05	2,10	3,15	4,20	5,25
	WW2Sq3	-5,25	-4,20	-3,15	-2,10	-1,05	9,00	1,05	2,10	3,15	4,20	5,25
	WW2Sq4	-5,25	-4,20	-3,15	-2,10	-1,05	10,00	1,05	2,10	3,15	4,20	5,25

Argentine Tango

1 st Sequence	AT1SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	AT1Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25
	AT1Sq2	-5,25	-4,20	-3,15	-2,10	-1,05	8,00	1,05	2,10	3,15	4,20	5,25
	AT1Sq3	-5,25	-4,20	-3,15	-2,10	-1,05	9,00	1,05	2,10	3,15	4,20	5,25
	AT1Sq4	-5,25	-4,20	-3,15	-2,10	-1,05	10,00	1,05	2,10	3,15	4,20	5,25
2 nd Sequence	AT2SqB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	AT2Sq1	-5,25	-4,20	-3,15	-2,10	-1,05	7,00	1,05	2,10	3,15	4,20	5,25
	AT2Sq2	-5,25	-4,20	-3,15	-2,10	-1,05	8,00	1,05	2,10	3,15	4,20	5,25
	AT2Sq3	-5,25	-4,20	-3,15	-2,10	-1,05	9,00	1,05	2,10	3,15	4,20	5,25
	AT2Sq4	-5,25	-4,20	-3,15	-2,10	-1,05	10,00	1,05	2,10	3,15	4,20	5,25

SCALES OF VALUES FOR RHYTHM/FREE DANCE – REQUIRED ELEMENTS

Patter Dance Elements Junior

		-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
Argentine Tango Section 1	1ATB	-1,88	-1,50	-1,13	-0,75	-0,38	2,50	0,38	0,75	1,13	1,50	1,88
	1AT1	-2,63	-2,10	-1,58	-1,05	-0,53	3,50	0,53	1,05	1,58	2,10	2,63
	1AT2	-2,63	-2,10	-1,58	-1,05	-0,53	4,00	0,53	1,05	1,58	2,10	2,63
	1AT3	-2,63	-2,10	-1,58	-1,05	-0,53	4,75	0,53	1,05	1,58	2,10	2,63
	1AT4	-2,63	-2,10	-1,58	-1,05	-0,53	5,50	0,53	1,05	1,58	2,10	2,63
Argentine Tango Section 2	2ATB	-1,88	-1,50	-1,13	-0,75	-0,38	2,50	0,38	0,75	1,13	1,50	1,88
	2AT1	-2,63	-2,10	-1,58	-1,05	-0,53	3,50	0,53	1,05	1,58	2,10	2,63
	2AT2	-2,63	-2,10	-1,58	-1,05	-0,53	4,00	0,53	1,05	1,58	2,10	2,63
	2AT3	-2,63	-2,10	-1,58	-1,05	-0,53	4,75	0,53	1,05	1,58	2,10	2,63
	2AT4	-2,63	-2,10	-1,58	-1,05	-0,53	5,50	0,53	1,05	1,58	2,10	2,63

Pattern Dance Type Step Sequence Style D (Senior)

		-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
Pattern Dance Type Step Sequence Style D	PStB	-3,75	-3,00	-2,25	-1,50	-0,75	5,00	0,75	1,50	2,25	3,00	3,75
	PSt1	-5,59	-4,47	-3,35	-2,24	-1,12	7,45	1,12	2,24	3,35	4,47	5,59
	PSt2	-5,59	-4,47	-3,35	-2,24	-1,12	7,95	1,12	2,24	3,35	4,47	5,59
	PSt3	-5,59	-4,47	-3,35	-2,24	-1,12	8,70	1,12	2,24	3,35	4,47	5,59
	PSt4	-5,59	-4,47	-3,35	-2,24	-1,12	9,45	1,12	2,24	3,35	4,47	5,59

Dance Spins

		-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
Spin	DSpB	-1,35	-1,08	-0,81	-0,54	-0,27	1,80	0,27	0,54	0,81	1,08	1,35
	DSp1	-2,81	-2,25	-1,69	-1,13	-0,56	3,75	0,56	1,13	1,69	2,25	2,81
	DSp2	-2,81	-2,25	-1,69	-1,13	-0,56	4,50	0,56	1,13	1,69	2,25	2,81
	DSp3	-2,81	-2,25	-1,69	-1,13	-0,56	5,25	0,56	1,13	1,69	2,25	2,81
	DSp4	-2,81	-2,25	-1,69	-1,13	-0,56	6,00	0,56	1,13	1,69	2,25	2,81

Dance Pose

		-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
Pose	SPoB	-0,36	-0,28	-0,21	-0,14	-0,07	0,48	0,07	0,14	0,21	0,28	0,36
	SPo1	-1,09	-0,87	-0,65	-0,43	-0,21	1,45	0,21	0,43	0,65	0,87	1,09
	SPo2	-1,09	-0,87	-0,65	-0,43	-0,21	1,60	0,21	0,43	0,65	0,87	1,09
	SPo3	-1,09	-0,87	-0,65	-0,43	-0,21	1,83	0,21	0,43	0,65	0,87	1,09
	SPo4	-1,09	-0,87	-0,65	-0,43	-0,21	2,00	0,21	0,43	0,65	0,87	1,09

Combination Poses: Combination Poses are evaluated as one unit (SPo+SPo) by adding the Base Value of the two first executed Dance Poses and then applying the GOE. The GOE of the Combination Pose is equal to the sum of the numerical values corresponding GOE of these two first executed Dance Poses.

Sets of Twizzles

Sequential Twizzles (Rhythm Dance)

		-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
Sequential Twizzles Woman	SqTwWB	-0,79	-0,63	-0,47	-0,32	-0,16	1,05	0,16	0,32	0,47	0,63	0,79
	SqTwW1	-2,00	-1,60	-1,20	-0,80	-0,40	2,67	0,40	0,80	1,20	1,60	2,00
	SqTwW2	-2,00	-1,60	-1,20	-0,80	-0,40	2,92	0,40	0,80	1,20	1,60	2,00
	SqTwW3	-2,00	-1,60	-1,20	-0,80	-0,40	3,30	0,40	0,80	1,20	1,60	2,00
	SqTwW4	-2,00	-1,60	-1,20	-0,80	-0,40	3,67	0,40	0,80	1,20	1,60	2,00
Sequential Twizzles Man	SqTwMB	-0,79	-0,63	-0,47	-0,32	-0,16	1,05	0,16	0,32	0,47	0,63	0,79
	SqTwM1	-2,00	-1,60	-1,20	-0,80	-0,40	2,67	0,40	0,80	1,20	1,60	2,00
	SqTwM2	-2,00	-1,60	-1,20	-0,80	-0,40	2,92	0,40	0,80	1,20	1,60	2,00
	SqTwM3	-2,00	-1,60	-1,20	-0,80	-0,40	3,30	0,40	0,80	1,20	1,60	2,00
	STwM4	-2,00	-1,60	-1,20	-0,80	-0,40	3,67	0,40	0,80	1,20	1,60	2,00

Solo Twizzles (Free Dance)

		-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
Solo Twizzles Woman	SyTwWB	-0,60	-0,48	-0,36	-0,24	-0,12	0,80	0,12	0,24	0,36	0,48	0,60
	SyTwW1	-1,82	-1,45	-1,09	-0,73	-0,36	2,42	0,36	0,73	1,09	1,45	1,82
	SyTwW2	-1,82	-1,45	-1,09	-0,73	-0,36	2,67	0,36	0,73	1,09	1,45	1,82
	SyTwW3	-1,82	-1,45	-1,09	-0,73	-0,36	3,05	0,36	0,73	1,09	1,45	1,82
	SyTwW4	-1,82	-1,45	-1,09	-0,73	-0,36	3,42	0,36	0,73	1,09	1,45	1,82
Solo Twizzles Man	SyTwMB	-0,60	-0,48	-0,36	-0,24	-0,12	0,80	0,12	0,24	0,36	0,48	0,60
	SyTwM1	-1,82	-1,45	-1,09	-0,73	-0,36	2,42	0,36	0,73	1,09	1,45	1,82
	SyTwM2	-1,82	-1,45	-1,09	-0,73	-0,36	2,67	0,36	0,73	1,09	1,45	1,82
	SyTwM3	-1,82	-1,45	-1,09	-0,73	-0,36	3,05	0,36	0,73	1,09	1,45	1,82
	SyTwM4	-1,82	-1,45	-1,09	-0,73	-0,36	3,42	0,36	0,73	1,09	1,45	1,82

One Foot Step Sequence

		-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
One Foot Step Sequence Lady	OFTWB	-0,60	-0,48	-0,36	-0,24	-0,12	0,80	0,12	0,24	0,36	0,48	0,60
	OFTW1	-1,82	-1,45	-1,09	-0,73	-0,36	2,42	0,36	0,73	1,09	1,45	1,82
	OFTW2	-1,82	-1,45	-1,09	-0,73	-0,36	2,67	0,36	0,73	1,09	1,45	1,82
	OFTW3	-1,82	-1,45	-1,09	-0,73	-0,36	3,05	0,36	0,73	1,09	1,45	1,82
	OFTW4	-1,82	-1,45	-1,09	-0,73	-0,36	3,42	0,36	0,73	1,09	1,45	1,82
One Foot Step Sequence Man	OFTMB	-0,60	-0,48	-0,36	-0,24	-0,12	0,80	0,12	0,24	0,36	0,48	0,60
	OFTM1	-1,82	-1,45	-1,09	-0,73	-0,36	2,42	0,36	0,73	1,09	1,45	1,82
	OFTM2	-1,82	-1,45	-1,09	-0,73	-0,36	2,67	0,36	0,73	1,09	1,45	1,82
	OFTM3	-1,82	-1,45	-1,09	-0,73	-0,36	3,05	0,36	0,73	1,09	1,45	1,82
	OFTM4	-1,82	-1,45	-1,09	-0,73	-0,36	3,42	0,36	0,73	1,09	1,45	1,82

Step Sequence Style B

		-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
Diagonal Step Sequence Style B Woman	DiStWB	-1,69	-1,35	-1,01	-0,68	-0,34	2,25	0,34	0,68	1,01	1,35	1,69
	DiStW1	-2,61	-2,09	-1,57	-1,04	-0,52	3,48	0,52	1,04	1,57	2,09	2,61
	DiStW2	-2,61	-2,09	-1,57	-1,04	-0,52	3,73	0,52	1,04	1,57	2,09	2,61
	DiStW3	-2,61	-2,09	-1,57	-1,04	-0,52	4,10	0,52	1,04	1,57	2,09	2,61
	DiStW4	-2,61	-2,09	-1,57	-1,04	-0,52	4,48	0,52	1,04	1,57	2,09	2,61
Diagonal Step Sequence Style B Man	DiStMB	-1,69	-1,35	-1,01	-0,68	-0,34	2,25	0,34	0,68	1,01	1,35	1,69
	DiStM1	-2,61	-2,09	-1,57	-1,04	-0,52	3,48	0,52	1,04	1,57	2,09	2,61
	DiStM2	-2,61	-2,09	-1,57	-1,04	-0,52	3,73	0,52	1,04	1,57	2,09	2,61
	DiStM3	-2,61	-2,09	-1,57	-1,04	-0,52	4,10	0,52	1,04	1,57	2,09	2,61
	DiStM4	-2,61	-2,09	-1,57	-1,04	-0,52	4,48	0,52	1,04	1,57	2,09	2,61

		-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
Midline Step Sequence Style B Woman	MiStWB	-1,69	-1,35	-1,01	-0,68	-0,34	2,25	0,34	0,68	1,01	1,35	1,69
	MiStW1	-2,61	-2,09	-1,57	-1,04	-0,52	3,48	0,52	1,04	1,57	2,09	2,61
	MiStW2	-2,61	-2,09	-1,57	-1,04	-0,52	3,73	0,52	1,04	1,57	2,09	2,61
	MiStW3	-2,61	-2,09	-1,57	-1,04	-0,52	4,10	0,52	1,04	1,57	2,09	2,61
	MiStW4	-2,61	-2,09	-1,57	-1,04	-0,52	4,48	0,52	1,04	1,57	2,09	2,61
Midline Step Sequence Style B Man	MiStMB	-1,69	-1,35	-1,01	-0,68	-0,34	2,25	0,34	0,68	1,01	1,35	1,69
	MiStM1	-2,61	-2,09	-1,57	-1,04	-0,52	3,48	0,52	1,04	1,57	2,09	2,61
	MiStM2	-2,61	-2,09	-1,57	-1,04	-0,52	3,73	0,52	1,04	1,57	2,09	2,61
	MiStM3	-2,61	-2,09	-1,57	-1,04	-0,52	4,10	0,52	1,04	1,57	2,09	2,61
	MiStM4	-2,61	-2,09	-1,57	-1,04	-0,52	4,48	0,52	1,04	1,57	2,09	2,61

		-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
Circular Step Sequence Style B Woman	CiStWB	-1,69	-1,35	-1,01	-0,68	-0,34	2,25	0,34	0,68	1,01	1,35	1,69
	CiStW1	-2,61	-2,09	-1,57	-1,04	-0,52	3,48	0,52	1,04	1,57	2,09	2,61
	CiStW2	-2,61	-2,09	-1,57	-1,04	-0,52	3,73	0,52	1,04	1,57	2,09	2,61
	CiStW3	-2,61	-2,09	-1,57	-1,04	-0,52	4,10	0,52	1,04	1,57	2,09	2,61
	CiStW4	-2,61	-2,09	-1,57	-1,04	-0,52	4,48	0,52	1,04	1,57	2,09	2,61
Circular Step Sequence Style B Man	CiStMB	-1,69	-1,35	-1,01	-0,68	-0,34	2,25	0,34	0,68	1,01	1,35	1,69
	CiStM1	-2,61	-2,09	-1,57	-1,04	-0,52	3,48	0,52	1,04	1,57	2,09	2,61
	CiStM2	-2,61	-2,09	-1,57	-1,04	-0,52	3,73	0,52	1,04	1,57	2,09	2,61
	CiStM3	-2,61	-2,09	-1,57	-1,04	-0,52	4,10	0,52	1,04	1,57	2,09	2,61
	CiStM4	-2,61	-2,09	-1,57	-1,04	-0,52	4,48	0,52	1,04	1,57	2,09	2,61

		-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
Serpentine Step Sequence Style B Woman	SeStWB	-1,69	-1,35	-1,01	-0,68	-0,34	2,25	0,34	0,68	1,01	1,35	1,69
	SeStW1	-2,61	-2,09	-1,57	-1,04	-0,52	3,48	0,52	1,04	1,57	2,09	2,61
	SeStW2	-2,61	-2,09	-1,57	-1,04	-0,52	3,73	0,52	1,04	1,57	2,09	2,61
	SeStW3	-2,61	-2,09	-1,57	-1,04	-0,52	4,10	0,52	1,04	1,57	2,09	2,61
	SeStW4	-2,61	-2,09	-1,57	-1,04	-0,52	4,48	0,52	1,04	1,57	2,09	2,61
Serpentine Step Sequence Style B Man	SeStMB	-1,69	-1,35	-1,01	-0,68	-0,34	2,25	0,34	0,68	1,01	1,35	1,69
	SeStM1	-2,61	-2,09	-1,57	-1,04	-0,52	3,48	0,52	1,04	1,57	2,09	2,61
	SeStM2	-2,61	-2,09	-1,57	-1,04	-0,52	3,73	0,52	1,04	1,57	2,09	2,61
	SeStM3	-2,61	-2,09	-1,57	-1,04	-0,52	4,10	0,52	1,04	1,57	2,09	2,61
	SeStM4	-2,61	-2,09	-1,57	-1,04	-0,52	4,48	0,52	1,04	1,57	2,09	2,61

Choreographic Elements

		-5	-4	-3	-2	-1	Base	+1	+2	+3	+4	+5
Choreographic Spinning Movement	ChSp1	-1,10	-0,88	-0,66	-0,44	-0,22	1,10	0,83	1,66	2,49	3,32	4,15
Choreographic Twizzling Movement	ChTw1	-1,10	-0,88	-0,66	-0,44	-0,22	1,10	0,83	1,66	2,49	3,32	4,15
Choreographic Sliding Movement	ChSl1	-1,10	-0,88	-0,66	-0,44	-0,22	1,10	0,83	1,66	2,49	3,32	4,15
Choreographic Character Step Sequence	ChSt1	-1,10	-0,88	-0,66	-0,44	-0,22	1,10	0,83	1,66	2,49	3,32	4,15
<u>Choreographic Jump Sequence</u>	<u>ChAJ1</u>	<u>-1,10</u>	<u>-0,88</u>	<u>-0,66</u>	<u>-0,44</u>	<u>-0,22</u>	<u>1,10</u>	<u>0,83</u>	<u>1,66</u>	<u>2,49</u>	<u>3,32</u>	<u>4,15</u>
Choreographic Rythm Sequence	ChRS1	-2,00	-1,60	-1,20	-0,80	-0,40	2,00	1,50	3,00	4,50	6,00	7,50