



2010-2011 Ice Dance Requirements

Please see the 2010-2011 Ice Dance Pre-event technical package for more information.

Pre-Juvenile Dance
<p>Two Compulsory Dances to be skated to be drawn from the Junior Bronze Dance list:</p> <ul style="list-style-type: none"> • Swing Dance (2 sequences) • Fiesta Tango (4 sequences) • Willow Waltz (3 sequences)

Juvenile Dance – Compulsory	Juvenile Dance – Free Dance (2:00 ±0:10)
<p><u>Sectionals:</u></p> <ul style="list-style-type: none"> • Fourteenstep (4 sequences) • European Waltz (2 sequences) 	<ul style="list-style-type: none"> • A maximum of one dance lift (six second - stationary, curve or straight Line) • A maximum of one dance spin (simple spin type, not combination type). Will be called to a maximum Level 2. • A maximum of one series of synchronized twizzles • A maximum of one footwork sequence (any shape, no required holds, may not be midline not touching)

Pre-Novice Dance - Compulsory	Pre-Novice Dance – Free Dance (2:30 ±0:10)
<p><u>Sectionals:</u></p> <ul style="list-style-type: none"> • European Waltz (2 sequences) • Rocker Foxtrot (4 sequences) <p><u>Challenge:</u></p> <ul style="list-style-type: none"> • Keats Foxtrot (4 sequences) • Harris Tango (2 sequences) 	<ul style="list-style-type: none"> • A maximum of two different dance lifts (six second - stationary, curve, straight line or rotational) • A maximum of one dance spin (simple spin type, not combination type) • A maximum of one series of synchronized twizzles • A maximum of one footwork sequence (any shape, no required holds, may not be midline not touching)

Novice Dance – Compulsory	Novice Dance – Free Dance (3:00 ±0:10)
<p>Two Compulsory Dances, drawn from:</p> <p><u>Sectionals:</u></p> <ul style="list-style-type: none"> • Blues (3 sequences) • Quickstep (4 sequences) <p><u>Challenge:</u></p> <ul style="list-style-type: none"> • Blues (3 sequences) • Westminster Waltz (2 sequences) <p><u>Junior Nationals:</u></p> <ul style="list-style-type: none"> • Paso Doble (3 sequences) • Westminster Waltz (2 sequences) 	<ul style="list-style-type: none"> • A maximum of two different dance lifts (six second - stationary, curve, straight line or rotational), one of which may be a 12 second lift (Serpentine, Reverse Rotational, Combination) • A maximum of one dance spin (simple spin type, or combination type) • A maximum of one series of synchronized twizzles • A maximum of two different step sequences: one straight (midline in hold, midline not touching without sequential twizzles or diagonal) and one curved (serpentine with two or three bold curves, or circular). No required holds.

Please Note: The term “different dance lift” means that they must be of a different nature, i.e. in Pre-Novice there can only be one rotational lift.