

NZIFSA – 2020 Ice Dance - FREE DANCE ELEMENTS – V2

Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
JUVENILE Time: 1:30 (+/- 10 sec) Falls: -0.5 Components: SS / PE / IN	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> One Choreographic Character Step Sequence 	<ul style="list-style-type: none"> Two Choreographic Elements chosen from <ul style="list-style-type: none"> Lift Spinning Twizzling Sliding
BASIC NOVICE Time: 2:00 (+/- 10 sec) Falls: -0.5 Components: SS / PE / IN	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> One Dance Spin Spin or Combination Spin <p style="text-align: center;">Maximum: Level 1</p>	<ul style="list-style-type: none"> One Set of Synchronized Twizzles <ul style="list-style-type: none"> 2-4 steps between Point of contact between twizzles <p style="text-align: center;">Maximum: Level 1</p>	<ul style="list-style-type: none"> One Choreographic Character Step Sequence 	<ul style="list-style-type: none"> One Choreographic Element chosen from <ul style="list-style-type: none"> Lift Spinning Twizzling Sliding
INTERMEDIATE NOVICE Time: 2:30 (+/- 10 sec) Falls: -0.5 Components: SS / PE / IN	<ul style="list-style-type: none"> One Short Lift <p style="text-align: center;">Maximum: Level 2</p>	<ul style="list-style-type: none"> One Dance Spin Spin or Combination Spin <p style="text-align: center;">Maximum: Level 2</p>	<ul style="list-style-type: none"> One Set of Synchronized Twizzles <ul style="list-style-type: none"> 2-4 steps between Point of contact between twizzles <p style="text-align: center;">Maximum: Level 2</p>	<ul style="list-style-type: none"> One Choreographic Character Step Sequence 	<ul style="list-style-type: none"> One Choreographic Element chosen from <ul style="list-style-type: none"> Lift Spinning Twizzling Sliding

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Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
<p>ADVANCED NOVICE</p> <p>Time: 3:00 (+/- 10 sec)</p> <p>Falls: -0.5</p> <p>Components: SS / TR / PE / IN</p>	<ul style="list-style-type: none"> One Short Lift Maximum: Level 3 	<ul style="list-style-type: none"> One Dance Spin Spin or Combination Spin <p>Maximum: Level 3</p>	<ul style="list-style-type: none"> One Set of Synchronized Twizzles <ul style="list-style-type: none"> - 2-4 steps between - Point of contact between twizzles <p>Maximum: Level 3</p>	<ul style="list-style-type: none"> One step sequence in hold: <ul style="list-style-type: none"> - Style B <p>Maximum: Level 3</p>	<ul style="list-style-type: none"> Two different Choreographic Elements <ul style="list-style-type: none"> - Choose from Lift, Spinning, Twizzling, Sliding or Character Step Sequence
<p>JUNIOR</p> <p>Time: 3:30 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> One Combination Lift OR Two different Short Lifts 	<ul style="list-style-type: none"> One Dance Spin Spin or Combination Spin 	<ul style="list-style-type: none"> One Set of Synchronized Twizzles <ul style="list-style-type: none"> - 2-4 steps between - Point of contact between twizzles 	<ul style="list-style-type: none"> One step sequence in hold: <ul style="list-style-type: none"> - Style B One One Foot Step Sequence <ul style="list-style-type: none"> - Not touching 	<ul style="list-style-type: none"> Two different Choreographic Elements <ul style="list-style-type: none"> - Choose from Lift, Spinning, Twizzling, Sliding or Character Step Sequence
<p>SENIOR</p> <p>Time: 4:00 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> One Combination Lift and one Short Lift OR Three different Short Lifts 	<ul style="list-style-type: none"> One Dance Spin Spin or Combination Spin 	<ul style="list-style-type: none"> One Set of Synchronized Twizzles <ul style="list-style-type: none"> - 2-4 steps between - Point of contact between twizzles 	<ul style="list-style-type: none"> One step sequence in hold: <ul style="list-style-type: none"> - Style B One One Foot Step Sequence <ul style="list-style-type: none"> - Not touching 	<ul style="list-style-type: none"> Three different Choreographic Elements <ul style="list-style-type: none"> - Choose from Lift, Spinning, Twizzling, Sliding or Character Step Sequence