NZIFSA – 2021 Ice Dance - RHYTHM DANCE ELEMENTS – V2

- ***Junior & Senior** – "Street Dance Rhythms" (such as hip hop, disco, swing, krump, popping, funk, etc.), jazz, reggae (reggaeton) and blues. Note: Music must not include aggressive and/or offending lyrics.*

Grade	Lift Elements	Twizzles	Step Sequences	PD Element
Junior **Time:** 2:50 (+/- 10 sec) **Falls:** -1.0 **Components:** SS / TR / PE / CH / IN	• 1 Short Lift - 7 seconds max	• 1 Set of Sequential Twizzles - Max one step between - No contact between twizzles	• 1 Step Sequence - Midline or diagonal - Style B - In hold/not touching/both - Different rhythm to PD Elements	• Two sections of Blues - To character of chosen rhythm - 86-90 BPM - Consecutively/separately - Starting on different sides. 1st on judges' side.
Senior **Time:** 2:50 (+/- 10 sec) **Falls:** -1.0 **Components:** SS / TR / PE / CH / IN	• 1 Short Lift - 7 seconds max	• 1 Set of Sequential Twizzles - Max one step between - No contact between twizzles	• 1 Step Sequence - Midline or diagonal - Style B - In hold/not touching/both - Different rhythm to PD Elements	• One section Midnight Blues - To character of chosen rhythm - 86-96 BPM - Section 1 steps # 5-14 - Starting opposite Judges • Followed immediately by one Pattern Dance Type Step Sequence (Style C) - same rhythm and tempo - Concluding at the Short Axis opposite Judges

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