

NZIFSA – 2021 Ice Dance - RHYTHM DANCE ELEMENTS –

- ***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
<p>Junior</p> <p>Time: 2:50 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> • 1 Short Lift <ul style="list-style-type: none"> - 7 seconds max 	<ul style="list-style-type: none"> • 1 Set of Sequential Twizzles <ul style="list-style-type: none"> - Max one step between - No contact between twizzles 	<ul style="list-style-type: none"> • 1 Step Sequence <ul style="list-style-type: none"> - Midline or diagonal - Style B - Different rhythm to PD Elements 	<ul style="list-style-type: none"> • Two sections of Blues <ul style="list-style-type: none"> - To character of chosen rhythm - 86-90 BPM - Consecutively/separately - Starting on different sides
<p>Senior</p> <p>Time: 2:50 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> • 1 Short Lift <ul style="list-style-type: none"> - 7 seconds max 	<ul style="list-style-type: none"> • 1 Set of Sequential Twizzles <ul style="list-style-type: none"> - Max one step between - No contact between twizzles 	<ul style="list-style-type: none"> • 1 Step Sequence <ul style="list-style-type: none"> - Midline or diagonal - Style B - Different rhythm to PD Elements 	<ul style="list-style-type: none"> • One section Midnight Blues <ul style="list-style-type: none"> - 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) <ul style="list-style-type: none"> - same rhythm and tempo - Concluding at the Short Axis opposite Judges