

## NZIFSA – 2022 Ice Dance - FREE DANCE ELEMENTS – V2

Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
<b>JUVENILE</b>  <b>Time:</b> 1:30 (+/- 10 sec)  <b>Falls:</b> -0.5  <b>Components:</b> SS / PE / IN	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>One Choreographic Character Step Sequence</li> </ul>	<ul style="list-style-type: none"> <li>Two Choreographic Elements chosen from               <ul style="list-style-type: none"> <li>Lift</li> <li>Spinning</li> <li>Twizzling</li> <li>Sliding</li> </ul> </li> </ul>
<b>BASIC NOVICE</b>  <b>Time:</b> 2:00 (+/- 10 sec)  <b>Falls:</b> -0.5  <b>Components:</b> SS / PE / IN	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>One Dance Spin   <b>Maximum: Level 1</b></li> </ul>	<ul style="list-style-type: none"> <li>One Set of Sequential Twizzles               <ul style="list-style-type: none"> <li>Max 1 step between</li> <li>No contact between twizzles</li> </ul> <b>Maximum: Level 1</b> </li> </ul>	<ul style="list-style-type: none"> <li>One Choreographic Character Step Sequence</li> </ul>	<ul style="list-style-type: none"> <li>One Choreographic Element chosen from               <ul style="list-style-type: none"> <li>Lift</li> <li>Spinning</li> <li>Twizzling</li> <li>Sliding</li> </ul> </li> </ul>
<b>INTERMEDIATE NOVICE</b>  <b>Time:</b> 2:30 (+/- 10 sec)  <b>Falls:</b> -0.5  <b>Components:</b> SS / PE / IN	<ul style="list-style-type: none"> <li>One Short Lift   <b>Maximum: Level 2</b></li> </ul>	<ul style="list-style-type: none"> <li>One Dance Spin   <b>Maximum: Level 2</b></li> </ul>	<ul style="list-style-type: none"> <li>One Set of Sequential Twizzles               <ul style="list-style-type: none"> <li>Max 1 step between</li> <li>No contact between twizzles</li> </ul> <b>Maximum: Level 2</b> </li> </ul>	<ul style="list-style-type: none"> <li>One Choreographic Character Step Sequence</li> </ul>	<ul style="list-style-type: none"> <li>One Choreographic Element chosen from               <ul style="list-style-type: none"> <li>Lift</li> <li>Spinning</li> <li>Twizzling</li> <li>Sliding</li> </ul> </li> </ul>

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Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
<p><b>ADVANCED NOVICE</b></p> <p><b>Time:</b> 3:00 (+/- 10 sec)</p> <p><b>Falls:</b> -0.5</p> <p><b>Components:</b> SS / TR / PE / IN</p>	<ul style="list-style-type: none"> <li>One Short Lift <b>Maximum: Level 3</b></li> </ul>	<ul style="list-style-type: none"> <li>One Dance Spin <b>Maximum: Level 3</b></li> </ul>	<ul style="list-style-type: none"> <li>One Set of Sequential Twizzles                             <ul style="list-style-type: none"> <li>- Max 1 step between</li> <li>- No contact between twizzles</li> </ul> </li> </ul> <p><b>Maximum: Level 3</b></p>	<ul style="list-style-type: none"> <li>One step sequence in hold:                             <ul style="list-style-type: none"> <li>- Style B</li> </ul> </li> </ul> <p><b>Maximum: Level 3</b></p>	<ul style="list-style-type: none"> <li>Two different Choreographic Elements                             <ul style="list-style-type: none"> <li>- Choose from Lift, Spinning, Twizzling, Sliding or Character Step Sequence</li> </ul> </li> </ul>
<p><b>JUNIOR</b></p> <p><b>Time:</b> 3:30 (+/- 10 sec)</p> <p><b>Falls:</b> -1.0</p> <p><b>Components:</b> SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> <li>One Combination Lift <b>OR</b> Two different Short Lifts</li> </ul>	<ul style="list-style-type: none"> <li>One Dance Spin</li> </ul>	<ul style="list-style-type: none"> <li>One Set of Synchronized Twizzles                             <ul style="list-style-type: none"> <li>- 2-4 steps between</li> <li>- Point of contact between twizzles</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One step sequence in hold:                             <ul style="list-style-type: none"> <li>- Style B</li> </ul> </li> <li>One One Foot Step Sequence                             <ul style="list-style-type: none"> <li>- Not touching</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Two different Choreographic Elements                             <ul style="list-style-type: none"> <li>- Choose from Lift, Spinning, Assisted Jumps, Twizzling, Sliding or Character Step Sequence</li> </ul> </li> </ul>
<p><b>SENIOR</b></p> <p><b>Time:</b> 4:00 (+/- 10 sec)</p> <p><b>Falls:</b> -1.0</p> <p><b>Components:</b> SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> <li>One Combination Lift and one Short Lift <b>OR</b> Three different Short Lifts</li> </ul>	<ul style="list-style-type: none"> <li>One Dance Spin</li> </ul>	<ul style="list-style-type: none"> <li>One Set of Synchronized Twizzles                             <ul style="list-style-type: none"> <li>- 2-4 steps between</li> <li>- Point of contact between twizzles</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>One step sequence in hold:                             <ul style="list-style-type: none"> <li>- Style B</li> </ul> </li> <li>One One Foot Step Sequence                             <ul style="list-style-type: none"> <li>- Not touching</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Three different Choreographic Elements                             <ul style="list-style-type: none"> <li>- Choose from Lift, Spinning, Assisted Jumps, Twizzling, Sliding or Character Step Sequence</li> </ul> </li> </ul>