

NZIFSA – 2023 Ice Dance - FREE DANCE ELEMENTS –

Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
JUVENILE Time: 1:30 (+/- 10 sec) Falls: -0.5 Component factor: 1.0	<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 Component factor: 1.0	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> One Dance Spin Maximum: Level 1 	<ul style="list-style-type: none"> One Set of Sequential Twizzles <ul style="list-style-type: none"> Max 1 step between No contact between twizzles Maximum: Level 1 	<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 Component factor: 1.0	<ul style="list-style-type: none"> One Short Lift Maximum: Level 2 	<ul style="list-style-type: none"> One Dance Spin Maximum: Level 2 	<ul style="list-style-type: none"> One Set of Sequential Twizzles <ul style="list-style-type: none"> Max 1 step between No contact between twizzles Maximum: Level 2 	<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
ADVANCED NOVICE Time: 3:00 (+/- 10 sec) Falls: -0.5 Component factor: 1.33	<ul style="list-style-type: none"> One Short Lift Maximum: Level 3 	<ul style="list-style-type: none"> One Dance Spin Maximum: Level 3 	<ul style="list-style-type: none"> One Set of Sequential Twizzles <ul style="list-style-type: none"> - Max 1 step between - No contact between twizzles <p style="text-align: center;">Maximum: Level 3</p>	<ul style="list-style-type: none"> One step sequence in hold: <ul style="list-style-type: none"> - Style B - Different shape to Choreographic Steps (if performed) <p style="text-align: center;">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
JUNIOR Time: 3:30 (+/- 10 sec) Falls: -1.0 Component factor: 2.0	<ul style="list-style-type: none"> One Combination Lift OR Two different Short Lifts 	<ul style="list-style-type: none"> One Dance 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 optional 	<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, Assisted Jumps, Twizzling, Sliding, Hydroblading or Character Step Sequence
SENIOR Time: 4:00 (+/- 10 sec) Falls: -1.0 Component factor: 2.0	<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 	<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 optional 	<ul style="list-style-type: none"> One step sequence in hold: <ul style="list-style-type: none"> - Style B - Different shape to Choreographic Steps (if performed) 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, Assisted Jumps, Twizzling, Sliding, Hydroblading or Character Step Sequence