

NZIFSA – 2023 Ice Dance - RHYTHM DANCE ELEMENTS –

The theme selected for the Rhythm Dances for both Junior and Senior for the season 2023/24 is “Music and Feeling of the Eighties”. Any music is possible provided it was originally released in the decade of the 1980s. The couple should demonstrate through dance the culture and feeling/essence of this decade. The selected music may be remastered.

Grade	Lift Elements	Twizzles	Step Sequences	PD Element
Junior Time: 2:50 (+/- 10 sec) Falls: -1.0 Component factor: 1.33	<ul style="list-style-type: none"> • 1 Short Lift - 7 seconds max 	<ul style="list-style-type: none"> • 1 Set of Sequential Twizzles - Max one step between - No contact between twizzles 	<ul style="list-style-type: none"> • 1 Step Sequence - Midline or diagonal - Style B - Not touching (<2 arms) - Touching ice permitted (less than 5 seconds) - One stop permitted (less than 5 seconds) - Loops and retrogressions not permitted 	<ul style="list-style-type: none"> • Two sections of Rocker Foxtrot - To foxtrot rhythm/style - 102-106 BPM - Consecutively/separately (any order) - 1RF on judges' left, 2RF on judges' right (2RF woman and man swap steps)
Senior Time: 2:50 (+/- 10 sec) Falls: -1.0 Component factor: 1.33	<ul style="list-style-type: none"> • 1 Short Lift - 7 seconds max 	<ul style="list-style-type: none"> • 1 Set of Sequential Twizzles - Max one step between - No contact between twizzles 	<ul style="list-style-type: none"> • 1 Step Sequence - Midline or diagonal - Style B - Not touching (<2 arms) - Touching ice permitted (less than 5 seconds) - One stop permitted (less than 5 seconds) - Loops and retrogressions not permitted 	<ul style="list-style-type: none"> • One Choreographic Rhythm Sequence - 100bpm minimum - Silver Samba steps 9 to 47 in any holds - Starting on judges' left • One Pattern Dance Type Step Sequence (Style D) - any tempo - starting with a Stop or skidding movement