

NZIFSA – 2026/27 Ice Dance – SOLO RHYTHM DANCE ELEMENTS v2

Grade	Edge Elements	Twizzles	Step Sequences	Pattern Dance Element / Choreo
SOLO JUNIOR RHYTHM DANCE Time: 2:50 +/- 10 Falls: -1.0 Component factor: 1.33 The 2026/27 season RD theme is Rhythm and Waltz	- One Short Edge Element - Held in position for min 3, max 8 sec	1 Set of Sequential Twizzles - Max one step between - C feature attempted in RD cannot be repeated in FD for level (to be ignored by Tech)	1 Step Sequence - Style B - Midline or diagonal - One stop permitted (less than 5 seconds) - Loops and retrogressions not permitted	- Two sections of Westminster Waltz - A Steps (Women) - Any Waltz dance music/dance style(s) with constant tempo - Minimum 162 BPM in 3/4 or 6/4 - Step 1 skated of 1WW Judges left side. 1WW (Steps #1-12) followed by 2WW (Steps #13-22) - Judged with Key points

SOLO SENIOR RHYTHM DANCE Time: 2:50 +/- 10 Falls: -1.0 Component factor: 1.33 The 2026/27 season RD theme is Rhythm and Waltz	• One Short Edge Element - Held in position for min 3, max 8 sec	• 1 Set of Sequential Twizzles - Max one step between - C feature attempted in RD cannot be repeated in FD for level (to be ignored by Tech)	• 1 Step Sequence - Style B - <u>Circular (clockwise)</u> - Loops, retrogressions and stops not permitted	• One Pattern Dance Element - A section of the Golden Waltz Pattern Dance. Starting with Step 33, including the restart, and concluding with step 20. - Rhythm: skated/performed to any Waltz dance music/dance style(s) with constant tempo - minimum 62 three-beat measures per minute; 186 beats per minute, skated in $\frac{3}{4}$ time or $\frac{6}{8}$ time. Duration: - The first step of the dance must be skated on beat one. Pattern: Started from A-Step 33 (LFO) on the Judge's side right side, past the short axis.
Senior Creative Dance Element				
• One (1) Choreographic Dance Element – Skated to any dance rhythm/dance style. - Required Pattern: Skater perform steps/movements from barrier to opposite barrier. The requirement for barrier to barrier is fulfilled when the skater is not more than 2 meters from each barrier. - Required Stop – Only one (1) Dance Stop for no more than 5 seconds performed anywhere within the CDE. Any stop performed at the beginning, during or end of the CDE, will be considered as the dance stop. Any stationary spinning movement will not be considered as a stop. - Required Movement: One (1) Choreographic Sliding Movement of at least two seconds. This movement will not be considered the Dance Stop. - Required Presentation: It is required that the element must demonstrate presentation to all four sides of the rink. Execution directed exclusively toward the judges does not fulfill this requirement. - Permitted: Loops and Retrogressions are permitted. - Notes: Touching the ice: Touching the ice with any part of the body is permitted only during the required Choreographic Sliding Movement. Any additional touching of the ice is subject to the appropriate fall or illegal element deduction taken by the technical panel.				