

	Pattern Dance Summer	Pattern Dance Fall/Sectionals	Pattern Dance Challenge	Pattern Dance Canadians	Free Dance
<i>All pattern dances are to be skated in the order listed and must be performed with the first sequence executed on the same side as the judges' stand</i>					<i>In Free Dance, combined spins & lifts are permitted, but if performed will be counted as separate elements</i>
Pre-Juvenile	Two pattern dances to be skated, drawn from Junior Bronze Dance; Section discretion		n/a	n/a	n/a
Juvenile U16	<u>1. Willow Waltz</u> 3 Sequences 3 Sections <u>2. Keats Foxtrot</u> 4 Sequences 4 Sections	<u>1. Willow Waltz</u> 3 Sequences 3 Sections <u>2. Keats Foxtrot</u> 4 Sequences 4 Sections	n/a	n/a	Max 2 :00 ± 0.10 <ul style="list-style-type: none"> A maximum of one short lift (stationary, curve or straight line). Max. 7 sec. A maximum of one dance spin (simple spin or combination type). Will be called to a maximum Level 2 A maximum of one set of synchronized twizzles A maximum of one step sequence, Style A as outlined in ISU Communications 1998 & 2003. (any shape, no required holds, may not be a 'not touching' step sequence). Stops, pattern retrogressions and loops are not permitted. Other required elements may not be skated in the required step sequence.
Pre-Novice U18	<u>1. Harris Tango</u> 2 Sequences 2 Sections <u>2. Starlight Waltz</u> 2 Sequences 4 Sections: Steps 1-17 & 18-32	<u>1. Rocker Foxtrot</u> 4 Sequences 4 Sections <u>2. Paso Doble</u> 3 Sequences 3 Sections	<u>1. Rocker Foxtrot</u> 4 Sequences 4 Sections <u>2. Paso Doble</u> 3 Sequences 3 Sections	n/a	Max 2:30 ± 0.10 <ul style="list-style-type: none"> A maximum of two different short lifts (stationary, curve, straight line or rotational). Max. 7 sec. A maximum of one dance spin (simple spin type or combination type) A maximum of one set of synchronized twizzles A maximum of one step sequence, Style A as outlined in ISU Communications 1998 & 2003. (any shape, no required holds, may not be a 'not touching' step sequence). Stops, pattern retrogressions and loops are not permitted. Other required elements may not be skated in the required step sequence.
Novice Women U19 Men U21	<u>1. Cha Cha Congelado</u> 2 Sequences 2 Sections <u>2. Argentine Tango</u> 2 Sequences 2 Sections <i>Note: Key Points to be called to a Maximum Level 3</i>	<u>1. Cha Cha Congelado</u> 2 Sequences 2 Sections <u>2. Argentine Tango</u> 2 Sequences 2 Sections <i>Note: Key Points to be called to a Maximum Level 3</i>	<u>1. Cha Cha Congelado</u> 2 Sequences 2 Sections <u>2. Argentine Tango</u> 2 Sequences 2 Sections <i>Note: Key Points to be called to a Maximum Level 3</i>	<u>1. Cha Cha Congelado</u> 2 Sequences 2 Sections <u>2. Argentine Tango</u> 2 Sequences 2 Sections <i>Note: Key Points to be called to a Maximum Level 3</i>	Max 3:00 ± 0.10 <ul style="list-style-type: none"> A maximum of two different short lifts (not to exceed 7 seconds) OR a maximum of one combination lift (not to exceed 12 seconds). The two types of short lifts forming the combination lift must be of a different type: <ul style="list-style-type: none"> two Rotational Lifts: in different directions two Curve Lifts on two different curves: forming a serpentine pattern two different types of Short Lifts A maximum of one dance spin (simple spin type or combination type) A maximum of one set of synchronized twizzles A maximum of two different step sequences: One Style A step sequence performed in hold; one Style B* not touching step sequence (*no pattern retrogression permitted). The step sequences can be performed in any order. One must be straight (midline, diagonal) and the other must be curved (circular, serpentine); however, serpentine is not permissible as a not touching step sequence. Characteristics of Levels Styles A and B can be found in ISU Communication 2003, p.22-23. A maximum of one choreographic element performed after the required element of the same type: choice of choreographic lift, choreographic spinning movement, or choreographic twizzling movement