

## NZIFSA – 2024/25 Ice Dance - RHYTHM DANCE ELEMENTS

The theme selected for the Rhythm Dances for both Junior and Senior for the season 2024/25 is “Social Dances and Styles of the 1950s, 1960s and 1970s”. The Rhythm Dance for the 2024/2025 season takes inspiration from the high energy and entertaining dance styles from these decades. These dance styles originated as a couple dance and due to their contagious, up beat rhythms, they became an invitation for others to join along in social settings and mass gatherings, becoming crowd pleaser favorites. Remixed and/or remastered music, including cover versions, is permitted.

| Grade   | Lift Elements   | Twizzles  | Step Sequences   | PD Element  |
|---|---|---|--|---|
| <b>Junior</b><br><b>Time:</b> 2:50 (+/- 10 sec)<br><br><b>Falls:</b> -1.0<br><br><b>Component factor:</b><br>1.33 | <ul style="list-style-type: none"> <li>• 1 Short Lift</li> <li>- 8 seconds max</li> </ul> | <ul style="list-style-type: none"> <li>• 1 Set of Sequential Twizzles</li> <li>- Max one step between</li> <li>- No contact between twizzles</li> <li>- <u>C feature(s) attempted in RD cannot be repeated in FD</u></li> </ul> | <ul style="list-style-type: none"> <li>• 1 Step Sequence</li> <li>- Midline or diagonal</li> <li>- Style B</li> <li>- Not touching (&lt;2 arms)</li> <li>- Touching ice permitted (less than 5 seconds)</li> <li>- One stop permitted (less than 5 seconds)</li> <li>- Loops and retrogressions not permitted</li> </ul> | <ul style="list-style-type: none"> <li>• Two sequences of <u>Paso Doble</u></li> <li>- To <u>any</u> dance style</li> <li>- <u>110 - 114 BPM</u></li> <li>- Consecutively/separately (any order)</li> <li>- Step 1 of 1PD and 2PD start on <u>judges' left side</u> (2PD woman and man swap steps)</li> </ul>   |
| <b>Senior</b><br><b>Time:</b> 2:50 (+/- 10 sec)<br><br><b>Falls:</b> -1.0<br><br><b>Component factor:</b><br>1.33 | <ul style="list-style-type: none"> <li>• 1 Short Lift</li> <li>- 8 seconds max</li> </ul> | <ul style="list-style-type: none"> <li>• 1 Set of Sequential Twizzles</li> <li>- Max one step between</li> <li>- No contact between twizzles</li> <li>- <u>C feature(s) attempted in RD cannot be repeated in FD</u></li> </ul> | <ul style="list-style-type: none"> <li>• 1 Step Sequence</li> <li>- Midline or diagonal</li> <li>- Style B</li> <li>- Not touching (&lt;2 arms)</li> <li>- Touching ice permitted (less than 5 seconds)</li> <li>- One stop permitted (less than 5 seconds)</li> <li>- Loops and retrogressions not permitted</li> </ul> | <ul style="list-style-type: none"> <li>• One Choreographic Rhythm Sequence</li> <li>- <u>Any</u> dance style</li> <li>- <u>Short axis barrier to barrier</u></li> <li>- <u>One separation permitted (&lt;2 arms, &lt;5 secs)</u></li> <li>- <u>One stop permitted at beginning or end (&lt; 5 secs)</u></li> <li>- <u>Retrogressions and Loops not permitted</u></li> <li>• One Pattern Dance Type Step Sequence (Style D)</li> <li>- <u>Any</u> dance style</li> <li>- <u>110 BPM, 2/2, 2/4 or 4/4 time</u></li> <li>- <u>Start in front of Ref with PD steps 8 – 16</u></li> <li>- <u>Stops, Separations (except twizzles), Retrogressions, Hand in hand (with full extn), &amp; loops not permitted</u></li> </ul> |