



COUPLES DANCE - CHAMPIONSHIP STREAM

SENIOR

Factor:	Pattern Dance	1.33
	Free Dance	2.00

Pass Mark:	(Star Part A) 14.61
	(Star Part B) 18.06

Rhythm Dance (2 min. 50 sec. +/- 10 sec.)

Free Dance (4:00 min. +/- 10 sec.)

1. Pattern dance type step sequence (from the 90's, as prescribed)
2. Choreographic rhythm sequence on short axis in hold
3. Short lift (up to 8 secs)
4. Step sequence Style B (not touching). Midline or diagonal
5. Set of sequential twizzles

1. 3 different types of short lifts (up to 8 secs) **OR**
1 short lift and 1 combination lift (up to 13 secs)
2. 1 dance spin
3. 1 step sequence in hold - Style B
4. 1 one foot turns sequence - not touching
5. 1 set of synchronized twizzles
6. 3 choreographic elements chosen from the following:
choreographic lift;
choreographic spinning movement;
choreographic assisted jump movement;
choreographic twizzling movement;
choreographic sliding movement;
choreographic character step sequence;
choreographic hydroblading movement

JUNIOR

Factor:	Pattern Dance	1.33
	Free Dance	2.00

Pass Mark:	(Star Part A) 11.34
	(Star Part B) 15.89

Rhythm Dance (2 min. 50 sec. +/- 10 sec.)

Free Dance (3:30 min. +/- 10 sec.)

1. Pattern dance element (1 sequence of Rhumba immediately followed by 1 sequence of Quickstep as prescribed)
2. Short lift (up to 8 secs)
3. Step sequence Style B (not touching). Midline or diagonal
4. Set of sequential twizzles

1. 2 different types of short lifts (up to 8 secs) **OR**
1 combination lift (up to 13 secs)
2. 1 dance spin
3. 1 step sequence in hold - Style B
4. 1 one foot turns sequence - not touching
5. 1 set of synchronised twizzles
6. 2 different choreographic elements chosen from the following:
choreographic lift;
choreographic spinning movement;
choreographic assisted jump movement;
choreographic twizzling movement;
choreographic sliding movement;
choreographic character step sequence;
choreographic hydroblading movement

ADVANCED NOVICE

Factor:	Pattern Dance	0.70
	Free Dance	1.00

Pass Mark: (Star Part B) 9.28

Pattern Dances

Free Dance (3:00 min. +/- 10 sec.)

1. Starlight Waltz (2 sequences)
 2. Quickstep (2 sequences)
- Both dances to be skated

1. 1 short lift (max 7 secs)
2. 1 dance spin
3. 1 step sequence Style B (in prescribed holds)
4. 1 set of sequential twizzles
5. 2 choreographic elements chosen from:
choreographic lift;
choreographic spinning movement;
choreographic twizzling movement;
choreographic sliding movement;
choreographic character step sequence
(Type of choreo element attempted in Quickstep PD cannot be repeated in FD)

INTERMEDIATE NOVICE

Factor:	Pattern Dance	0.70
	Free Dance	1.00

Pass Mark: (Star Part B) 7.2

Pattern Dances

Free Dance (2:30 min. +/- 10 sec.)

- 2 Pattern Dances to be skated from the following:
1. Rocker Foxtrot (2 Sequences)
 2. European Waltz (2 Sequences)
 3. Tango (2 Sequences)
- Draw done before first official practice

1. 1 short lift (max 7 secs)
2. 1 dance spin
3. 1 set of sequential twizzles
4. 2 choreographic elements (one must be a choreographic character step sequence) and 1 chosen from:
choreographic lift;
choreographic spinning movement;
choreographic twizzling movement;
choreographic sliding movement

BASIC NOVICE

Factor:	Pattern Dance	0.70
	Free Dance	1.00

Pass Mark: (Star Part B) 5.13

Pattern Dances

Free Dance (2:00 min. +/- 10 sec.)

- 2 Pattern Dances to be skated from the following:
1. Willow Waltz (2 Sequences)
 2. Tango Canasta (2 Sequences)
 3. Rhythm Blues (2 Sequences)
- Draw done before first official practice

1. 1 dance spin
2. 1 set of sequential twizzles
3. 2 choreographic elements (one must be a choreographic character step sequence) and 1 chosen from:
choreographic lift;
choreographic spinning movement;
choreographic twizzling movement;
choreographic sliding movement