

## ISA Adult Ice Dance Pattern Dances and Elements 2024-2025 (July 2024)

<https://www.isu.org/docman-documents-links/isu-files/event-documents/adult-figure-skating/related-documents-1/>

Without Key points Up to Level 1	PATTERN DANCE	NUMBER OF SEQUENCES	NUMBER OF SECTIONS PER SEQUENCE	Section Steps
<b>BRONZE</b>	(1) Fourteenstep	4	1	1 to 14
	(6) Swing Dance	2	1	1 to 15
<b>SILVER</b>	(3) Rocker Foxtrot	4	1	1 to 14
	(34) Blues	3	1	1 to 17
<b>GOLD</b>	(14) Starlight Waltz	2	1	1 to 32
	(18) Kilian	4	1	1 to 14
<b>MASTERS and MASTERS ELITE</b>	(14) Starlight Waltz	2	1	1 to 32
	(21) Quickstep	4	1	1 to 18
<b>The points for each Program Component are multiplied by a factor of 1.17</b>				
<b>The total score for each dance will be multiplied by a factor of 0.5.</b>				

ADULT FREE DANCE ELEMENTS	LIFTS	CHOREO/STEP SEQUENCE	DANCE SPIN	TWIZZLES
<b>BRONZE</b> 1 minute 50 seconds +/- 10 seconds	One (1) Short Lift Maximum 8 seconds Up to Level 1	Utilising at least half of the ice, no features counted	Maximum of one (1) Dance Spin.	
<b>SILVER</b> 2 minutes 30 seconds +/- 10 seconds	One (1) Short Lift Maximum 8 Seconds Up to Level 2	One (1) Straight Line or one (1) Curve Step Sequence, in hold. Style B	(Combination Spin not permitted in Bronze)	One (1) set of Synchronized Twizzles FD variation  Minimum of two twizzles for each partner with a minimum of 2 and up to 4 steps between the 1 <sup>st</sup> and 2 <sup>nd</sup> twizzles
<b>GOLD</b> 3 minutes +/- 10 seconds	One (1) Combination Lift Maximum 13 seconds in total		A spin performed by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.	
<b>MASTERS</b> 3 minutes +/- 10 seconds	OR Two (2) different types of Short Lift			
<b>MASTERS ELITE</b> 3 minutes +/- 10 seconds	Maximum 8 seconds			
<b>The points for each Program Component are multiplied by a factor of 2.0</b>				

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	PATTERN DANCE ELEMENT	DANCE LIFT	STEP SEQUENCE	SEQUENTIAL TWIZZLES
<b>SILVER</b> 2 minutes 20 seconds +/- 10 seconds	<b>Two (2) Sequences of the Paso Doble:</b> skated to any dance style with the range of tempo: 56 measures of 2 beats per minute (112 beats per minute plus or minus 2 beats per minute.) The first step of the dance must be skated on beat one of a musical phrase.	Maximum One (1) Short Lift, up to 8 seconds	<b>1 Step Sequence Not Touching (Style B)</b> <b>Specifications to Style B, Rhythm Dance:</b> skated to any dance style of the prescribed decades. · Chosen pattern may ONLY be Midline or Diagonal · Skated no more than 2 arm lengths apart · Touching the ice with any part of the body is allowed for no more than 5 secs ● Stops – up to one (1) permitted for no more than 5 seconds (this will count as one of the permitted stops, must be performed Not Touching). <b>Not permitted:</b> · Loop(s) · Retrogression(s) Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.	<b>One (1) Set of Sequential Twizzles</b> At least 2 Twizzles for each partner, up to 1 step between 1st and 2nd Twizzles.  Each push and/or transfer of weight while on two feet between Twizzles is considered as a step.  Partners must NOT be in contact between the Twizzles.
<b>GOLD</b> 2 minutes 20 seconds +/- 10 seconds	<b>1PD and 2PD: Steps #1-28</b> <b>Two (2) Sequences of Paso Doble may be skated in any order, one after the other or separately. Step #1 of 1PD and 2PD are skated at the Judges' left side. Variation of Holds throughout, except Hand in Hand, are permitted.</b>			
<b>MASTERS</b> 2 minutes 50 seconds +/- 10 seconds	· 1PD must be skated in accordance with Rule 707, paragraph 2, the Man must skate the Man's Steps and the Woman must skate the Woman's Steps.  · 2PD, the Woman skates the Man's steps and the Man skates the Woman's steps (switch tracking/sides on all steps).			
<b>MASTERS ELITE</b> 2 minutes 50 seconds +/- 10 seconds	<b>Note:</b> Push/Transition to the next step: A change of edge within the last 1/2 a beat of the step is permitted to prepare the push/transition to the next step The description, chart and diagram of the Pattern Dance Element Paso Doble are included in the ISU Handbook Ice Dance 2003.			
<b>The points for each Program Component are multiplied by a factor of 1.33</b>				