



ICE SKATING AUSTRALIA

SOLO ICE DANCE - NON-ISU AND ADULT CATEGORIES

PATTERN DANCE APPENDIX 2024/2025

Includes Solo Ice Dance Steps, Key Points, Sequence Requirements, and Timing

Solo Ice Dance Pattern Dance Diagrams Using Solo Ice Dance Steps

Definitions

Correct Edge: Correct Edge means that the Edge is clean for the whole duration of the Step. In order to be considered correct, the edge must also be held for the correct number of beats as prescribed in the rules for each pattern dance. A change of edge within the last 1/2 beat of the step is permitted to prepare the push/transition to the next step (unless otherwise prescribed).

Correct Turn: Correct Turn means that the Turn has a correct foot placement, clean edge in and out of the Turn and is not jumped or scraped. For Twizzles, they must have the required number of rotations travelling on one foot and must not be performed as checked Three Turns or Pirouettes. In order to be considered correct, the turn must also be held for the correct number of beats as prescribed in the rules for each pattern dance.

Correct Placement: The foot must be placed on the ice as described in the definition of the turn.

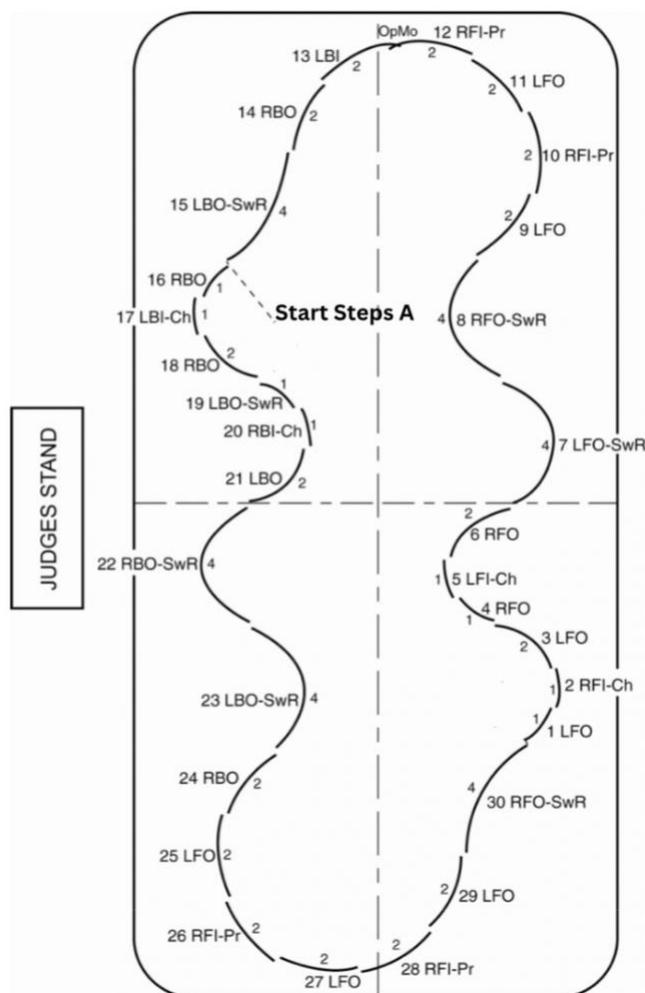
Solo Ice Dance Steps: The required steps for Solo Ice Dance will be the same for all competitors. Depending on the dance, A-Steps (previously the Woman's steps), B-Steps (previously Man's steps) or a combination of both may be used. Refer to the Pattern Dance Diagrams for the Solo Ice Dance Steps to be skated for each dance.

Swing Dance

Set Pattern Dance - 2 Sequences

2024/2025 Elementary

Solo Ice Dance Steps: All competitors skate A-Steps



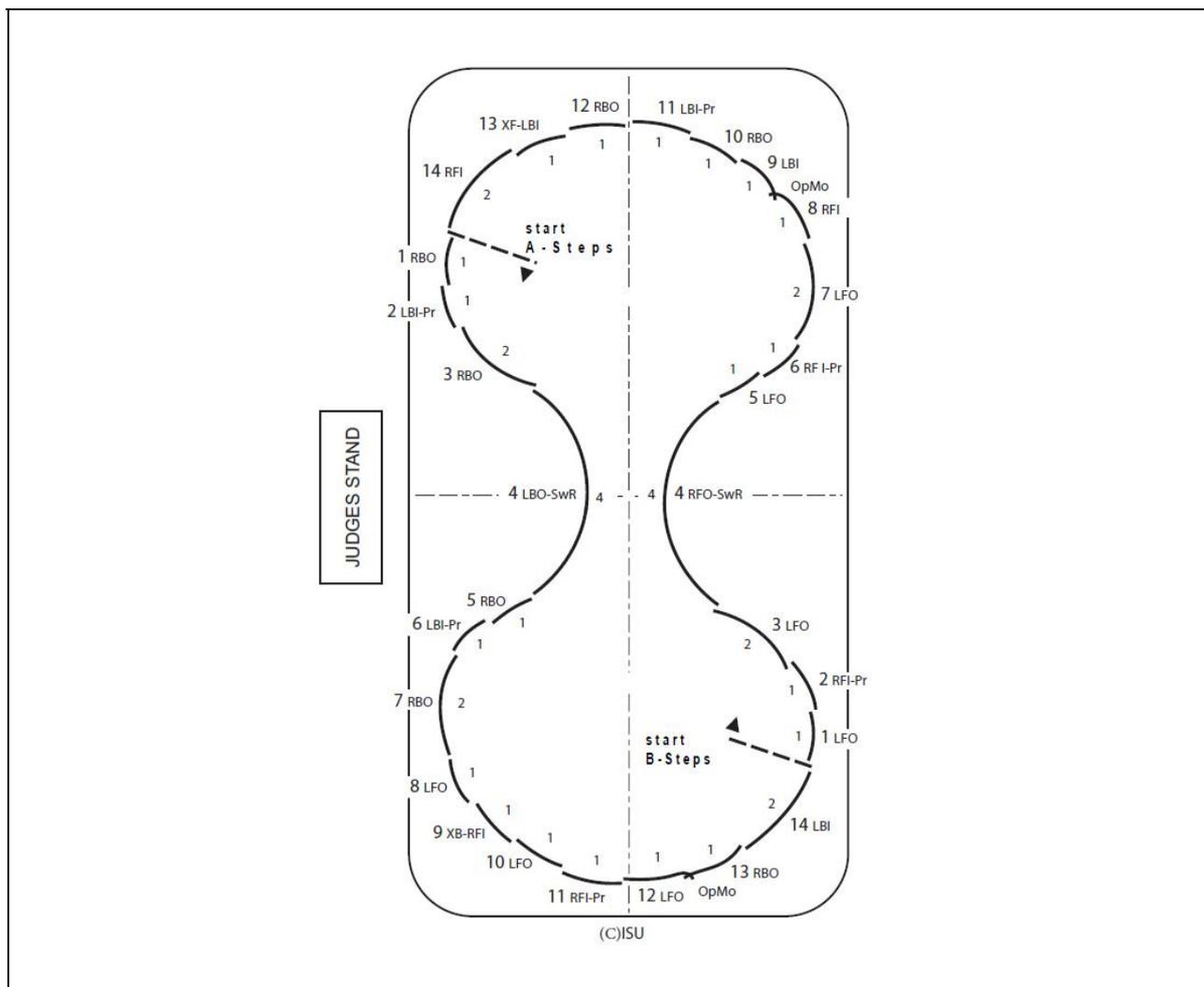
Rhythm	Foxtrot 4/4						
Number of musical measures per sequence	8 of 4 beats						
Timing/Tempo	100 beats per minute, +/- 2 beats per minute						
Duration of 2 sequences	Approximately 39 seconds						
Time for one sequence	18.8 seconds to 19.6 seconds						
Level Base	50% of pattern completed per sequence						
Level 1	75% of pattern completed per sequence						
Section	Steps	# of steps	10%	25%	50%	75%	90%
1 Sequence	1-15	15	2	4	8	12	14

Fourteenstep

Set Pattern Dance - 4 Sequences

2024/2025 Adult Silver

Solo Ice Dance Steps: All competitors skate A-Steps from the left side of diagram



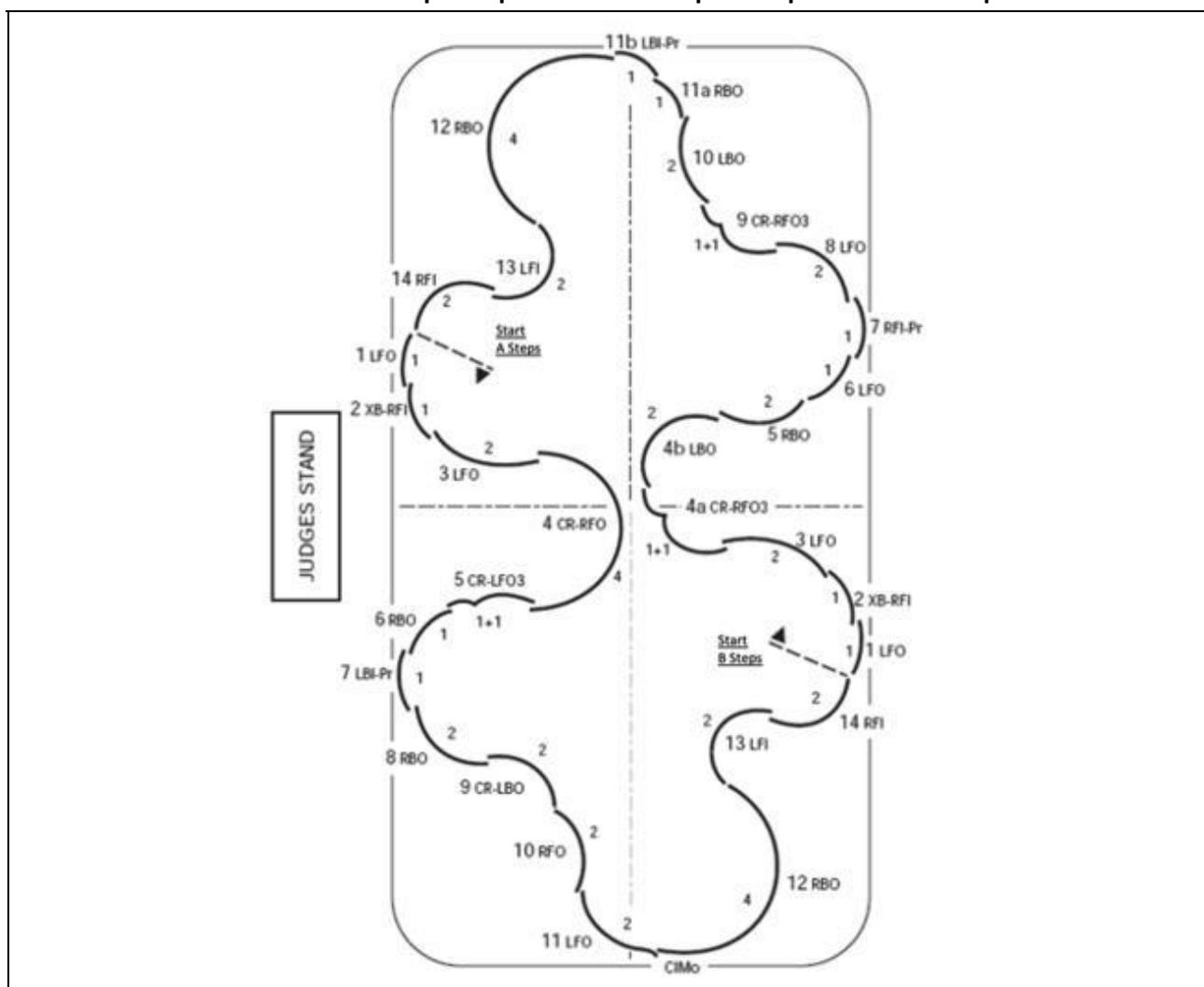
Rhythm	March 2/4 or 4/4						
Number of musical measures per sequence	10 of 2 beats or 5 of 4 beats						
Timing/Tempo	112 beats per minute, +/- 2 beats per minute						
Duration of 4 Sequences	Approximately 43 seconds						
Time for one sequence	10.5 seconds to 10.9 seconds						
Level Base	50% of pattern completed per sequence						
Level 1	75% of pattern completed per sequence						
Section	Steps	# of steps	10%	25%	50%	75%	90%
1 Sequence	1-14	14	1	4	7	11	13

Foxtrot

Set Pattern Dance - 4 Sequences

2024/2025 Adult Gold

Solo Ice Dance Steps: Sequence 1&3 A-Steps & Sequence 2&4 B-Steps



Rhythm	Foxtrot 4/4
Number of musical measures per sequence	7 of 4 beats
Timing/Tempo	100 beats per minute, +/- 2 beats per minute
Duration of 4 Sequences	Approximately 1 minute and 7 seconds
Time for one sequence	16.5 seconds to 17.1 seconds
Level Base	50% of pattern completed per sequence
Level 1	75% of pattern completed per sequence
Level 2	75% of pattern and one correct Key Point completed per sequence

Section	Steps	# of steps	10%	25%	50%	75%	90%
1 Sequence	1-14	14	1	4	7	11	13

Sequence 1 & 3 – A-Steps

Key Point 1: Steps 11-12 (LFO, CIMo, RBO)

Bullet Points: Correct Edges, Correct Turn and Correct Foot Placement

Sequence 2 & 4 – B-Steps

Key Point 1: Steps 3-5 (LFO, CR-RFO3)

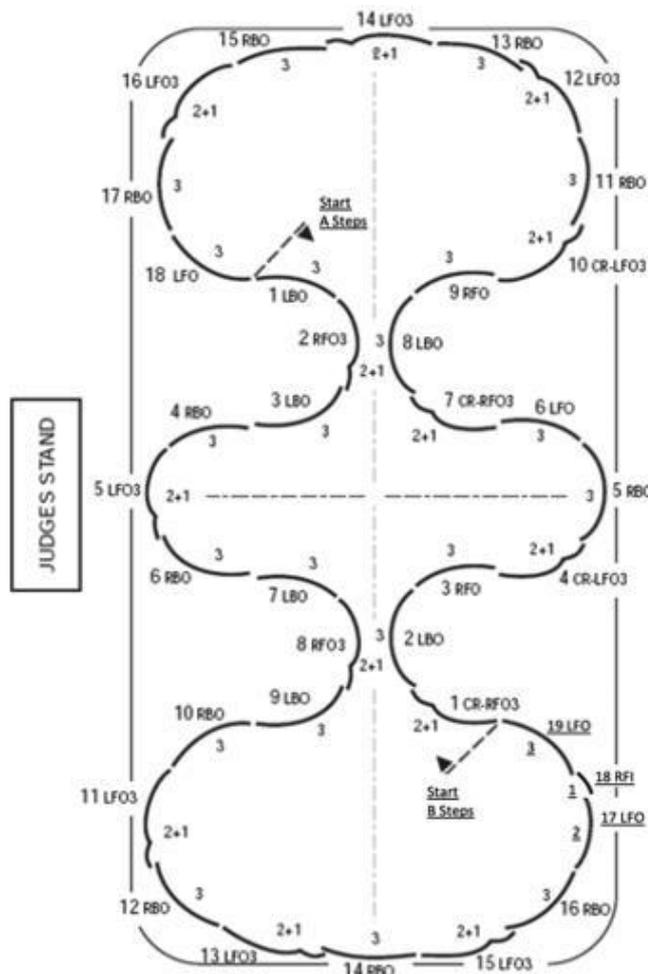
Bullet Points: Correct Edges, Correct Turn, Correct Cross Roll

European Waltz

Set Pattern Dance - 2 Sequences

2024/2025 Adult Gold

Solo Ice Dance Steps: Sequence 1 A-Steps & Sequence 2 B-Steps



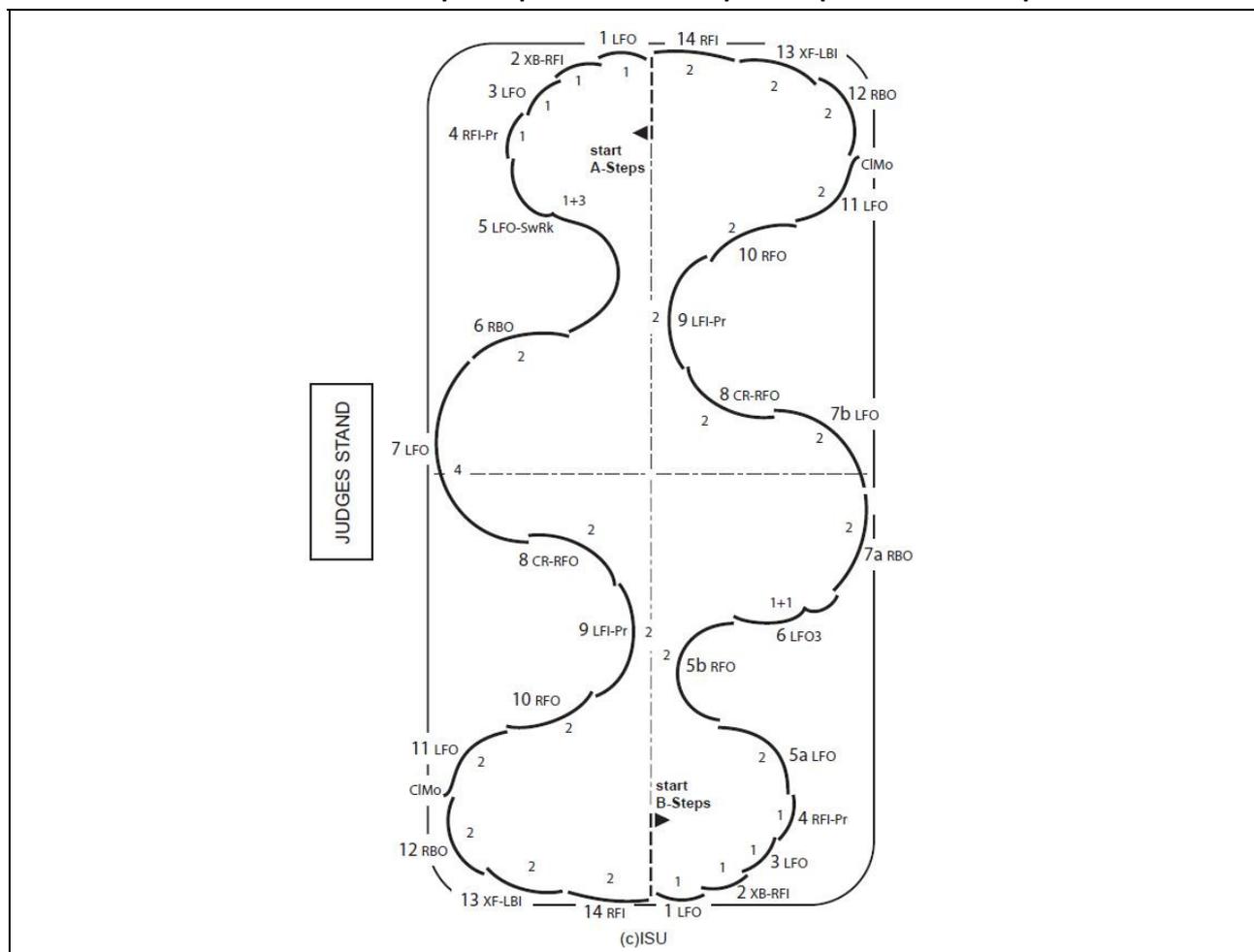
Rhythm	Waltz 3/4						
Number of musical measures per sequence	9 of 6 beats						
Timing/Tempo	135 beats per minute, +/- 3 beats per minute						
Duration of 2 sequences	Approximately 50 seconds						
Time for 1 sequence	23.6 seconds to 24.4 seconds						
Level Base	50% of pattern completed per sequence						
Level 1	75% of pattern completed per sequence						
Level 2	75% of pattern and 1 correct Key Point completed per sequence						
Section	Steps	# of steps	10%	25%	50%	75%	90%
1 Sequence	1-18	18	2	5	9	14	17
Sequence 1 – A-Steps							
Key Point 1: Steps 6-8 (RBO, LBO, RFO3)							
Bullet Points: Correct Edges, Correct Turn							
Sequence 2 – B-Steps							
Key Point 1: Steps 6-8 (LFO, CR-RFO3, LBO)							
Bullet Points: Correct Edges, Correct Turn, Correct Cross Roll							

Rocker Foxtrot

Set Pattern Dance - 4 Sequences

2024/2025 Adult Masters and Masters Elite

Solo Ice Dance Steps: Sequence 1&3 A-Steps & Sequence 2&4 B-Steps



Rhythm	Foxtrot 4/4
Number of musical measures per sequence	7 of 4 beats
Timing/Tempo	104 beats per minute, +/- 2 beats per minute
Duration of four sequences	Approximately 1 minute and 5 seconds
Time for one sequence	17.1 seconds to 17.7 seconds
Level Base	50% of pattern completed per sequence
Level 1	75% of pattern completed per sequence
Level 2	75% of pattern and 1 correct Key Point completed per sequence
Level 3	90% of pattern and 2 correct Key Points completed per sequence

Section	Steps	# of steps	10%	25%	50%	75%	90%
1 Sequence	1-14	14	1	4	7	11	13

Sequences 1 & 3 – A-Steps

Key Point 1: Steps 5-6 (LFO-Sw-Rk, RBO) – Correct Edges, Correct Turn, Correct Swing

Key Point 2: Steps 11-12 (LFO CIMo, RBO) – Correct Turn, Correct Foot Placement

Sequences 2 & 4 – B-Steps

Key Point 1: Steps 5a-5b (FLO, RFO) – Correct Edges

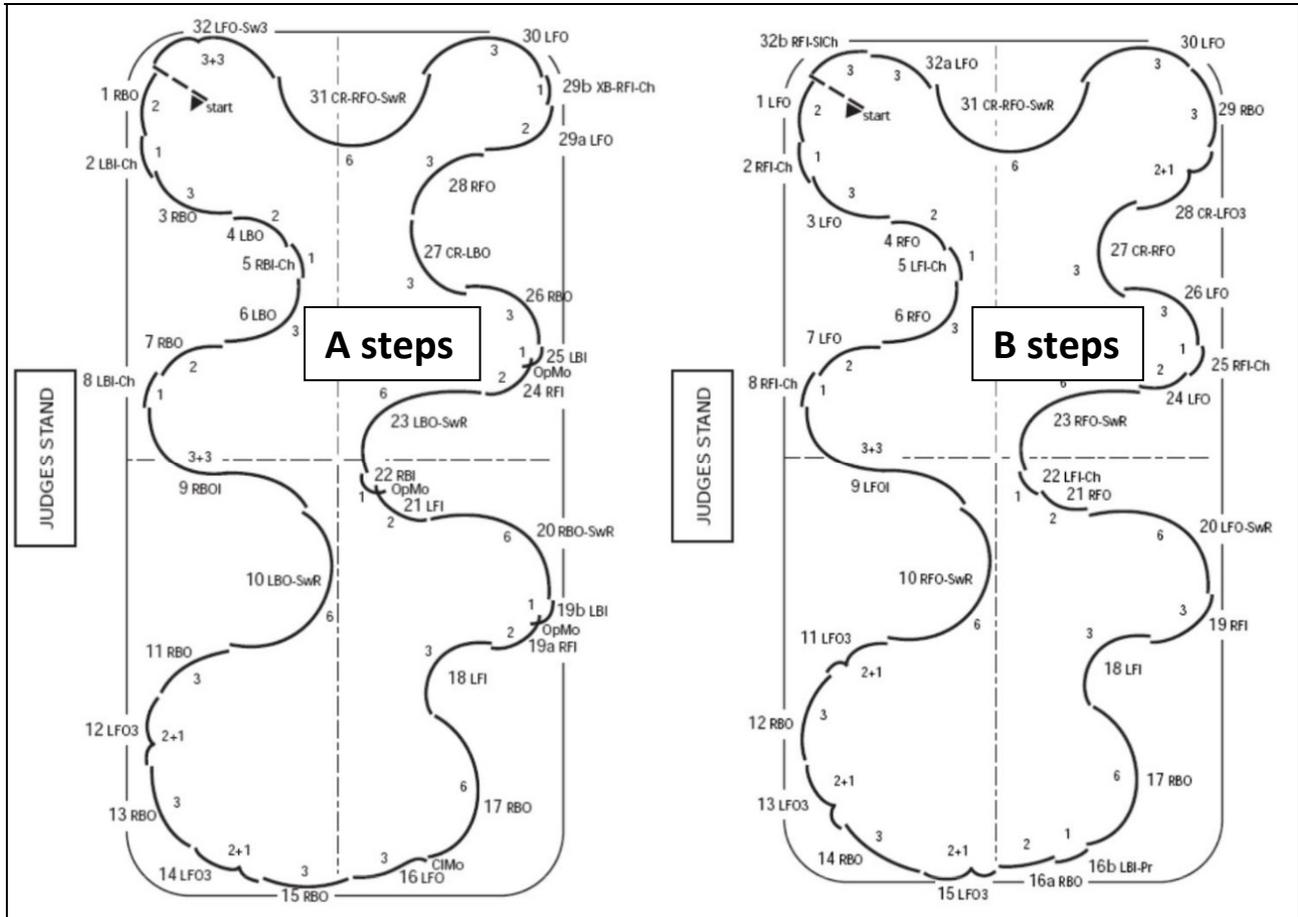
Key Point 2: Steps 11-12 (LFO CIMo, RBO) – Correct Turn, Correct Foot Placement

Starlight Waltz

Set Pattern Dance – 2 Sequences

2024/2025 Adult Masters and Masters Elite

Solo Ice Dance Steps: Sequence 1 A-Steps & Sequence 2 B-Steps



Rhythm	Waltz 3/4
Number of musical measures per sequence	34 of 3 beats
Timing/Tempo	174 beats per minute, +/- 3 beats per minute
Duration of two sequences	Approximately 1 minute and 10 seconds
Time for one sequence	34.8 seconds to 35.6 seconds
Level Base	50% of pattern completed per sequence
Level 1	75% of pattern completed per sequence
Level 2	75% of pattern and 1 correct Key Point completed per sequence
Level 3	90% of pattern and 2 correct Key Points completed per sequence

Section	Steps	# of steps	10%	25%	50%	75%	90%
1	1-32	32	4	8	16	24	29

Note: On Sequence 1, the skater will skate step 32a & b instead of the 3 turn to prepare for the B-Steps and on Sequence 2, the skater will perform the 3 turn on step 32 at the end of the dance.

Sequence 1 – A-Steps
 Key Point 1: Steps 9-10 (RBOI, LBOSwR) – Correct Edges, Correct Change of Edge
 Key Point 2: Steps 21-22 (LFI, OpMo, RBI)

Sequence 2 – B-Steps
 Key Point 1: Steps 9-10 (LFOI, LFO) – Correct Edges, Correct Change of Edge
 Key Point 2: Steps 26-28 (LFO, CR-RFO, CR-LFO3) – Correct Edges, Correct Turn, Correct Cross Roll