



# **SOLO DANCE CRITERIA 2018-19**

## **INDEX**

BASIC PRINCIPLES OF CALLING APPLICABLE TO ALL REQUIRED ELEMENTS .....	2
PATTERN DANCE ELEMENTS FOR JUNIOR AND SENIOR .....	3
Additional definitions, specifications to definitions and notes .....	3
Levels of difficulty .....	3
Additional Principles of Calling .....	3
PATTERN DANCE ELEMENTS FOR ALL OTHER CATEGORIES .....	4
Additional definitions, specifications to definitions and notes .....	4
Levels of difficulty .....	4
Additional Principles of Calling .....	4
SPINS .....	5
Additional Principles of Calling .....	5
Additional Definitions, Specifications to Definitions and Notes .....	5
Levels of Difficulty.....	7
POSE .....	7
Additional Principles of Calling .....	7
Additional Definitions, Specifications to Definitions and Notes .....	8
Levels of Difficulty for a Single Pose .....	9
Levels of Difficulty for Combination Pose.....	10
Adjustments to Level.....	11
TWIZZLES .....	11
Additional Principles of Calling .....	11
Additional Definitions, Specifications to Definitions and Notes .....	11
Levels of Difficulty.....	12
STEP SEQUENCES.....	13
Additional Principles of Calling .....	13
Additional Definitions, Specifications to Definitions and Notes .....	14
Levels of Difficulty.....	15
CHOREOGRAPHIC ELEMENTS .....	16
Additional Principles of Calling .....	16
SCALE OF VALUES .....	17

## **BASIC PRINCIPLES OF CALLING APPLICABLE TO ALL REQUIRED ELEMENTS**

1. The Technical Panel shall identify what is performed despite what is listed on the Program Content Sheet.
2. The Levels shall be determined according to the Basic and Additional Principles of Calling and characteristics of levels fulfilled. They shall not result in giving No Level to a Required Element as long as the requirements for Basic Level/Level 1 are met.
3. To be given any Level, a Required Element must meet all the requirements for Basic Level/Level 1.
4. If a Fall or interruption occurs at the beginning of any Required Element (except Pattern Dances and Step Sequences), the Required Element shall be identified and it will be given No Value. It will occupy a box and it will count as one of the Required Element (e.g. pose, spin etc.)
5. If a Fall or interruption occurs during a Required Element (except Pattern Dances and Step Sequences), the Required Element shall be identified and it will be given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Basic Level/Level 1 are not met. The additional part shall not be identified.
6. If the element is interrupted and the skater tries to continue the same element as a 2<sup>nd</sup> attempt to fill the time, this is ignored by the Technical Panel and Judges/Referee. (Does not apply to Step Sequences and Pattern Dances)
7. If a program concludes with the skater performing an element, the element and it's Level shall be identified until the movement stops completely.
8. Elements started after the required duration of the program (plus the 10 seconds allowed) shall not be identified.
9. If a Spin (FD) or a Pose (RD and FD) is performed in a Step Sequence, such element will receive the abbreviation +ExEl. It indicates that the element receives No Value, the

deduction -1 is applied and it will occupy a separate box, and NOT count as a Required Element (e.g. sAPo+ExEI, sSp+ExEI).

10. If a Dance Spin is performed in a Step Sequence in Rhythm Dance, the Dance Spin is not identified (Dance Spin is not a required element and there is no provision to identify it as an extra element).
11. The Technical Panel shall decide whether any feature to fulfil the Characteristics of levels is given credit, unless this feature is expressly designated as not eligible for Level in the present Communication or in the Q&A for Technical Panels (for example, in a Dance Spin, the Technical Panel can give credit for Level to a variation of Basic Position Camel which is not included in the list of examples but cannot give credit to a simple camel by the lady).
12. The definition of "intricate" when referring to technical elements does not necessarily mean difficult. It can also be defined as creative, interesting and unique.
13. If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Basic Level/Level 1 if the requirements for at least Basic Level/Level 1 are fulfilled. Otherwise the element will be called No Level.

## **PATTERN DANCE ELEMENTS FOR JUNIOR AND SENIOR**

### **Additional definitions, specifications to definitions and notes**

**Key Point and Key Point Features:** a Key Point is correctly executed when all its related Key Point Features are met and all its Edges/Steps are held for the required number of beats. Key Point Features are technical requirements valid for one season and are published in the corresponding ISU Communication.

A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step (unless otherwise prescribed).

### **Levels of difficulty**

Characteristics of Levels for Pattern Dance Element

<b>Basic Level</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
<u>75% of Pattern Dance Element is completed</u>	<u><b>1 Key Point</b> is correctly executed</u>	<u><b>2 Key Points</b> is correctly executed</u>	<u><b>3 Key Points</b> is correctly executed</u>	<u><b>4 Key Points</b> is correctly executed</u>

### **Additional Principles of Calling**

1. The process used by the Technical Panel to identify Key Points and their correct execution is the same process as for identification of Required Elements and Levels (i.e. by majority). Correct or incorrect execution of Key Points is reported on the Judges Details per Skater chart as:
  - "Yes": meaning all Key Point Features are met and all Edges/Steps are held for the required number of beats, or
  - "Timing": meaning all Key Points Features are met but one or several Edges/Steps are not held for the required number of beats, or
  - "No": meaning one or several Key Point Features are not met, whether or not Edges/Steps are held for the correct number of beats.
2. Evaluating the percentage of steps for Pattern Dances is based on the total number of steps completed.
3. Evaluating the percentage of the steps for a Step Sequence or Pattern Dance Type Sequence is based on the overall pattern completed per the prescribed shape i.e. straight line, circle/s-shape, diagonal, ect.
4. Level 4 shall be considered only when the Pattern Dance Element is not interrupted at all, either through Stumbels, Falls or any other reason.

5. If the Pattern Dance Element is interrupted 4 beats or less, the key points are called as identified and the level will be reduced by 1. It is reported on the Judges Details per Skater chart as: "<" to indicate an interruption of 4 beats or less. Example: Yes, Yes, Yes, Yes – Level 4 becomes Level 3.
6. If the Pattern Dance Element is interrupted more than 4 beats but 75% of the steps are completed, the key points are called as identified and the level will be reduced by 2. It is reported on the Judges Details per Skater chart as: "<<" to indicate an interruption of more than 4 beats. Example: Yes, Yes, Yes, Yes – Level 4 becomes Level 2.
7. If a skater completes less than 75% of the Pattern Dance Element, the Technical Specialist calls Key Points as performed (Yes, No, Timing), identifies with the Pattern Dance Element Name and "NO Level" adding "Attention". It is reported on the Judges Details per Skater charts as: "!" to indicate that less than 75% of the Pattern Dance Element has been completed.

## **PATTERN DANCE ELEMENTS FOR ALL OTHER CATEGORIES**

### **Additional definitions, specifications to definitions and notes**

**Key Point and Key Point Features:** a Key Point is correctly executed when all its related Key Point Features are met and all its Edges/Steps are held for the required number of beats. Key Point Features are technical requirements valid for one season and are published in the corresponding ISU Communication.

A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step (unless otherwise prescribed).

### **Levels of difficulty**

Characteristics of Levels for Pattern Dances

<b>Basic Level</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
<u>50% of Pattern Dance Element is completed</u>	<u>75% of Pattern Dance Element is completed</u>	<u>1 Key Point is correctly executed</u>	<u>2 Key Points is correctly executed</u>	<u>3 Key Points is correctly executed</u>

### **Additional Principles of Calling**

1. The process used by the Technical Panel to identify Key Points and their correct execution is the same process as for identification of Required Elements and Levels (i.e. by majority). Correct or incorrect execution of Key Points is reported on the Judges Details per Skater chart as:
  - "Yes": meaning all Key Point Features are met and all Edges/Steps are held for the required number of beats, or
  - "Timing": meaning all Key Points Features are met but one or several Edges/Steps are not held for the required number of beats, or
  - "No": meaning one or several Key Point Features are not met, whether or not Edges/Steps are held for the correct number of beats.
2. Evaluating the percentage of steps for Pattern Dances is based on the total number of steps completed.
3. IF A Fall or interruption occurs at the entrance to or during a Pattern Dance and the dance is immediately resumed, the dance shall be identified and given a Level according to the requirements met before and after the Fall or interruption, or No Level if the requirements for Basic Level are not met.
4. If the Pattern Dance is interrupted less than 25% (through stumble, falls, ect), the key points are called as identified and the level will be reduced by 1, adding "downgraded <". It is reported on the Judges Details per Skater chart as: "<" to indicate an interruption of less than 25%.

5. If the Pattern Dance is interrupted more than 25% but 50% of the steps are completed, the key points are called as identified and the level will be reduced to "Basic Level" adding "downgraded <<". It is reported on the Judges Details per Skater chart as: "<<" to indicate an interruption between 25% to 50%.
6. If a skater completes less than 50% of the steps, the Technical Specialist calls Key Points as performed, identifies with the Pattern Dance Name and "NO Level" adding "Attention". It is reported on the Judges Details per Skater charts as: "!" to indicate that less than 50% of the Pattern Dance has been completed.

## **SPINS**

### **Additional Principles of Calling**

1. The first performed Dance Spin shall be identified as the required Dance Spin, classified as a Spin or a Combination Spin and given a Level, or No Level if the requirements for Basic Level are not met. However, if a Choreographic Element is required with Choreographic Spinning Movement as an option, this element shall be identified as Choreographic Spinning Movement anywhere in the program where it is first performed. Any subsequent Dance Spin and/or Choreographic Spinning Movement performed after the Required Dance Spin and/or Choreographic Spinning Movement shall not be identified.
2. A change of direction or one foot turns on the spot before resuming the rotations shall not be considered as an "interruption".
3. If at the change of foot in the Combination Spin the spinning action has been started and the skater is still on two feet after half a rotation, the Level shall be reduced by one Level.
4. If during the Dance Spin a loss of control occurs resulting in additional support (touch down by free leg/foot and/or hand(s) for up to half a rotation, and the Dance Spin continues according to Dance Spin requirements after the mistake, the Level shall be reduced by 1 Level per occurrence. But if the mistake lasts for more than half a rotation, this shall be considered as an interruption and additional principles of calling shall apply.

### **Additional Definitions, Specifications to Definitions and Notes**

Upright Position:

Performed on one foot with skating leg straight or slightly bent and body upright (on a nearly vertical axis), arched back or bent to the side. (If the angle between the thigh and shin of the skating leg is 120 degrees or smaller, it will be considered as a Sit Position)

Sit Position:

Performed on one foot with skating leg bent in a one-legged crouch position and free leg forward, to the side or back. (If the angle between the thigh and shin of the skating leg is more than 120 degrees, it will be considered as an Upright or Camel position depending on the other criteria that characterize these Positions).

Camel Position:

Performed on one foot with skating leg straight or slightly bent and body bent forward so that the waist line is horizontal and the core of the body is less than 45 degrees above the horizontal line (if it is more, the position will be considered as Upright) and the free leg extended or bent upward on a nearly horizontal line or higher. If the angle between the thigh and the shin of the skating leg is less than 120 degrees, it will be considered as a Sit Position.

Difficult Variation of Basic Positions (Examples):

**Upright spin**

- a) Biellmann type- body upright with the heel of the boot pulled by the hand behind and above the level of the head
- b) Full layback with upper body arched back from the waist towards the ice or sideways with upper body bent to the side from the waist towards the ice
- c) Split with both legs straight and the boot/skate of the free leg held up higher than the head
- d) Upper body arched back or sideways with free foot almost touching the head in a full circle (doughnut/ring); Maximum one half of a blade length between head and blade

**Sit spin**

- a) Free leg bent or straight directed forward with thigh of skating leg at least parallel to the ice
- b) Free leg bent or straight directed backward with thigh of skating leg at least parallel to the ice
- c) Free leg bent or straight directed to the side with not more than 90 degrees between thigh and shin of skating leg
- d) Free leg crossed extended behind, and directed to the side, with not more than 90 degrees between thigh and shin of skating leg
- e) Free leg crossed behind and touching or not touching the skating leg, with thigh of skating leg at least parallel to the ice
- f) Free leg directed forward, with not more than 90 degrees between thigh and shin of skating leg and the back of the upper body almost parallel to the ice

Note: Example e) performed right after any other Difficult Variation of Sit Position shall be considered as the same Difficult Variation of the Sit Position.

**Camel spin**

- a) Upper body (shoulder and head) turned upwards – facing up so that the line of the shoulders is at least past the vertical point
- b) Body nearly horizontal or bent sideways horizontally with head and free foot almost touching (doughnut/ring) ; Maximum one half of a blade length between head and blade
- c) Body nearly horizontal with the heel of the boot pulled by the hand above the level of the head
- d) Body bent forward to the spinning leg and free leg extended backward and upward up to almost a full split (with the angle between the thighs about 180 degrees)
- e) Simple Camel by the man with the free leg on horizontal line or higher

Notes:

1. If example d) for Upright Position and b) for Camel Position is performed after each other it shall be considered as the same Difficult Variation.
2. If example a) for Upright Position and c) for Camel Position is performed after each other it shall be considered as the same Difficult Variation.
3. Rotations shall be considered for total number of rotations when performed fully, continuously on one foot.
4. Rotation in Difficult Variation shall be considered for Level when performed continuously in a fully established position.

**Entry/Exit Feature**

- a) Unexpected entry/exit without any evident preparation
- b) Continuous combination of intricate steps OR a continuous combination of intricate movements, OR a continuous combination of both intricate step(s) and intricate movement(s) immediately before or after the Dance Spin

Note: The definition of "intricate" when referring to technical elements does not necessarily mean difficult. It can also be creative, interesting, unique.

**Spin Option 1:** without change of spinning direction

**Spin Option 2:** with change of spinning direction

**Combination Spin Option 1:** without change of spinning direction

**Combination Spin Option 2:** with change of spinning direction for each part

**Levels of Difficulty**

A Difficult Variation shall be considered for Level when held for at least 2 rotations in a Spin or 3 rotations in a Combination Spin.

In a Combination Spin, Level 3 or 4 shall be considered only when each part of the Combination Spin includes at least one of the Different Difficult Variations given credit for Level.

Characteristics of Levels for Dance Spin

Basic Level	Level 1	Level 2	Level 3	Level 4
<p><b><u>OPTION 1</u></b>  <b>Spin:</b>            At least <b>3 rotations</b></p> <p><b><u>OPTION 2</u></b>  <b>Spin:</b>            At least <b>2 rotations</b> in one direction and at least <b>1 rotation</b> in the other direction</p> <p><b><u>OPTION 1 and 2 Combination Spin:</u></b>            At least <b>3 rotations</b> in either part and more than and more than <b>1 rotation</b> in the other part</p>	<p><b><u>OPTION 1</u></b>  <b>1 Difficult Variation</b> in any Basic Position</p> <p><b><u>OPTION 2</u></b>  <b>Spin:</b>            At least <b>2 rotations</b> in both directions</p> <p><b><u>Combination Spin:</u></b>            At least <b>3 rotations</b> in both directions</p>	<p><b><u>OPTION 1</u></b>  <b>2 different Difficult Variations</b> from 2 different Basic Positions</p> <p><b><u>OPTION 2</u></b>  <b>1 Difficult Variation</b> in any Basic Position</p>	<p><b><u>OPTION 1</u></b>  <b>3 different Difficult Variations</b> from 3 different Basic Positions</p> <p><b><u>OPTION 2</u></b>  <b>2 different Difficult Variations</b> from 2 different Basic Positions</p>	<p><b><u>OPTION 1</u></b>  <b>3 different Difficult Variations</b> from 3 different Basic Positions</p> <p>AND</p> <p><b>Entry</b> feature or <b>Exit</b> feature</p> <p><b><u>OPTION 2</u></b>  <b>2 different Difficult Variations</b> from 2 different Basic Positions</p> <p>AND</p> <p><b>Entry</b> feature or <b>Exit</b> feature</p>

**POSE**

**Additional Principles of Calling**

1. The first performed Pose(s) shall be identified as the required Pose(s) and given a Level, or No Level if the requirements for Level 1 are not met. Subsequent Poses shall be identified as Pose classified as Extra Element with no value.
2. Any Pose or part of a Combination Pose of a repeated Type shall be classified as an Extra Element with no value.
3. To be considered a different Type, Poses of a similar Category must be skated on different edges.
4. Any Pose of a Type not according to the Required Elements for Rhythm Dance or Free Dance Program shall be classified as an Extra Element with no value.
5. A brief movement less than 3 seconds, in which a pose position is attained but is not sustained shall not be considered as a Pose.
6. If a Fall or an interruption occurs at the entrance to or during a Pose and is immediately followed by another pose (for the purpose of filling time), the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Level 1 are not met, and the additional part shall not be identified.

Applicable to Combination Poses:

1. A Combination Pose shall be identified with the first two fully established Types of Single Poses performed forming two approximately equal parts or it shall be identified as a Single Pose of the Type forming the larger part. The Level of each of the two Types of Pose shall be given separately.
2. If for any reason one of the parts of a Combination Pose cannot be identified, only the other part shall be identified, as a Single Pose, and given a Level according to the requirements met, or No Level if the requirements for Level 1 are not met, and classified as "+Combo". The subsequent elements shall be identified as if both parts of the Combination Pose had been performed and identified.
3. If one of the Single Poses forming the Combination Pose includes an illegal Movement/Pose, the deduction for Illegal Element/Movement will apply once and the Part of the Combination Pose including the Illegal Movement/Pose will receive Level 1 if the requirements for level 1 are met (example of all: "sPo1 Illegal Element+sPo4 Combo).
4. If both Single Poses forming the Combination Pose include an Illegal Movement/Pose (same or different), the deduction for Illegal Element/Movement will apply twice and both parts of the Combination Pose will receive Level 1 if the requirements for Level 1 are met (example of call: "sPo1 Illegal Element+sPo1Illegal Element Combo").
5. In a Combination Pose, if a skater performs an Illegal Element/Movement as an Entry Feature (such as a Jump of more than one revolution): the deduction for Illegal Element/Movement will apply and the first part of the Combination Pose will receive Level 1 if the requirements for Level 1 are met. The second part of the Posse will receive a Level according to the requirements met.
6. In a Combination Pose, if a skater performs an Illegal Element/Movement as an Exit Feature (such as a Jump of more than one revolution): the deduction for Illegal Element/Movement will apply and the second part of the Combination Pose will receive Level 1 if the requirements for Level 1 are met. The first part of the Pose will receive a Level according to the requirements met.

#### ***Additional Definitions, Specifications to Definitions and Notes***

- ATTITUDE – A position or stance on one leg during which the skater moves either forwards or backwards on a curve with the supporting leg either slightly bent or straight and the free leg held higher than the level of the hip and in front, behind or to the side, bent or extended, free or held
- CHROUCH – A two-footed movement in which the skater along the ice with both legs bent at an angle
- INA BAUER – A two-footed movement in which the skater travels along the ice with one foot on a forward edge/tracing and the other on a matching backward edge on a different but parallel edge/tracing
- LUNGE/DRAG – A movement in which a skater travels along the ice with one leg bent and the other leg directed behind with the boot/blade touching the ice.
- SPREAD EAGLE – A curving, two-footed movement in which the skater skates with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on the same curve (e.g. outside and outside)
- TEA POT/SHOOT THE DUCK/HYDRO BLADE – A one foot movement in which a skater travels along the ice with one leg in a strongly bent position and the other leg directed forward parallel to the ice



### Difficult Types of Poses

- a) An Attitude with a full split when the legs of the skater are extended in one line with the angle between thighs about 180 degrees
- b) A "Bielmann": body in any orientation (e.g. upright, horizontal ect.) in relation to the vertical line of the body with the heel of the boot pulled by the hand behind and above the level of the head
- c) An Attitude comprising a full doughnut/ring: upper body arched back, with one foot almost touching the head in a full circle (maximum of half a blade length between head and blade)
- d) An Ina Bauer
- e) Hydro Blade. The core of the body must be clearly positioned away from the vertical axis
- f) Spread Eagle
- g) A Sprial/Simple Camel Position with the free leg in a horizontal position or higher for the man only

Note:

- A chosen example of Difficult Pose skated on the same edge shall be considered for Level only the first time it occurs
- Examples b) full Bielmann and c) full doughnut/ring shall be considered as the same

**Pose:** A movement in which the skater adopts/attains a sustained position for a minimum of 3 seconds. A Pose should enhance the music chosen and express its character and should be performed in an elegant manner without obvious feats of strength and awkward and/or undignified actions and positions.

**Single Pose:** The duration of a Single Pose should not exceed 7 seconds. Where 2 Single Poses are specified there must be more than 3 steps between them.

**Combination Pose:** The duration of the Combination Pose should not exceed 12 seconds. A Combination Pose combining:

- a) Two different Types of Single Poses
- b) With not more than 1 connection step between the two poses.

**Difficult turns as connection step:** A difficult turn as connection step between 2 Single Poses to form a Combination Pose is defined as either a Rocker, a Counter or a Bracket. No extra steps, pushes or touch downs are allowed.

**Change of edge between 2 Poses:** The change of edge connecting 2 Poses should be a clean change of edge from one definite edge to a different definite edge with the second edge being clearly established within 2 seconds. When two Poses are Attitudes the free leg must be held higher than the hip.

### Entry feature

- a) Unexpected entry without any evident preparation
- b) Continuous combination of intricate steps and/or movement(s) performed immediately before the Pose

### Arm feature

Significant and continuous movement of the arms in time to the beat of the music in a manner that should enhance the music chosen and express its character. Where one arm is being used to support the free leg in position the free arm should be used continuously to the beat to the music in a manner that should enhance the music chosen and express its character. Simple use of the hands only is not sufficient

### Levels of Difficulty for a Single Pose

The time is measured from the pose begins and until it is fully executed, if the time is longer than 7 seconds there will be given a deduction of 1 point (this is shown in Judges Scores as ">" (Extended Lift)).

A Pose is called but given No Level if the duration is less than the required duration by definition (3 seconds).

Characteristics of Levels for Single Pose

Level 1	Level 2	Level 3	Level 4
A Pose and straight line is allowed	1 pose on a definite clean edge	1 Difficult position on definite clean edge	<p><u>Ina Bauer on definite opposing edges and performed in a straight line</u></p> <p>OR</p> <p><u>A Difficult Pose position on definite clean edge</u></p> <p>AND</p> <p><u>Either and Entry feature or an Arm feature</u></p>

**Levels of Difficulty for Combination Pose**

The time is measured from the pose begins and until it is fully executed, if the time is longer than 12 seconds there will be given a deduction of 1 point (this is shown in Judges Scores as ">" (Extended Lift)).

Characteristics of Levels for Single Pose

Level 1	Level 2	Level 3	Level 4
Both poses can be on a straight line	Each of the two poses are on a definite clean edge	Each of the two types of poses are different and Difficult and on a definite clean edges	<p><u>One Pose is an Ina Bauer on definite opposing edges and performed in a straight line and the second Pose is also Difficult and of a different Type. The two Poses must be connected with a difficult turn performed on one foot</u></p> <p>OR</p> <p><u>Each of the 2 Poses are different and Difficult and on a definite clean edge and a connected with either a change of edge or a difficult turn</u></p> <p>AND</p> <p><u>Either and Entry feature or an Arm feature</u></p>

### ***Adjustments to Level***

1. If there is more than one connecting step between the 2 poses in a Combination Pose the Level is reduced by 1 Level.
2. If the Pose is clearly established but is unstable the Level is reduced by 1 Level.

## **TWIZZLES**

### ***Additional Principles of Calling***

1. The first performed Set of Twizzles shall be identified as the required Set of Twizzles (Set of Sequential Twizzles in Rhythm Dance and Set of Twizzles in Free Dance) and given a Level, or No Level if the requirements for Basic Level are not met.
2. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after a Twizzle has commenced and the Twizzle continues after touch down (without interruption), only the rotations before the touch down shall be considered for Level.
3. If any part of the first two Twizzles becomes a Pirouette or checked Three Turns, its Level shall be reduced by 1 Level if one of the two Twizzles become Pirouettes or checked Three Turns or by 2 Levels if both Twizzles become Pirouettes or checked Three Turns.
4. If there is a full stop before the first or the second Twizzle, the Level of the Set of Twizzles shall be reduced by 1 Level.
5. If there is more than the permitted number of steps between required Set of Twizzles, the Level shall be reduced by 1 Level.

### ***Additional Definitions, Specifications to Definitions and Notes***

A Set of Twizzle is a travelling turn on one foot with one or more than one rotation which is quickly rotated with a continuous (uninterrupted) action.

The 4 different types of entry edges on Twizzles are:

- Forward Inside
  - Forward Outside
  - Backward Inside
  - Backward Outside
- 
- A chosen Additional Feature from Groups A and B shall be considered for a Level if it is fully achieved and established:
    - within the first half rotation of the Twizzles, and
    - held until the number of rotations needed for that Level is fully completed (2 rotations for Level 2, 3 rotations for Level 3, 4 rotations for Level 4).
  - There is no limit on turns or movements performed on one foot on the change of foot the steps between Twizzles.

### **Group A (upper body and hands)**

- Elbow(s) at least level with or higher than the shoulders (hand(s) could be above the head, at the same level as the head or lower than the head)
- Significant continuous motion of arms
- Hands clasped behind back and extended away from the body
- Straight arms clasped in front and extended away from the body (between the waist and chest level and lower than the level of shoulders)
- Core of body is shifted away from the vertical axis

### **Group B (skating leg and free leg)**

- Coupé in front or behind with free foot in contact with the skating leg in an open hip position
- Holding the blade or boot of the free foot
- Free leg crossed behind above the knee
- Free leg held out (i.e. extended or bent with an angle of 90 degrees or more between thigh and shin, to the front, to the side or to the back or combination of those) at 45 degrees or more from vertical
- Sit position (at least 90 degrees between the thigh and the shin of the skating leg)
- Changing the level of the skating leg (knee) with a continuous motion

### **Group C (pattern, entry, exit)**

- Performing a third Twizzle of at least 3 rotations, performed correctly, started with different entry edge than the first two Twizzles, and preceded by a maximum of three steps
- Entry to the first or the second Twizzle from a Dance Jump (the entry edge for the Twizzle will be determined by the landing edge of the Dance Jump)
- Set of Twizzles performed on one foot without change of foot, with no limit on turns or movements performed on one foot between Twizzles
- Set of Twizzles performed directly from difficult/creative, intricate or unexpected entry

Note:

A chosen Additional Feature from Group A and B shall be considered for a Level if it is fully achieved and established within the first half rotation of the twizzle and held until the number of rotations needed for that Level is fully completed (2 rotations for Level 2, 3 rotations for Level 3, 4 rotations for Level 4)

There is no limit on turns or movements performed on one foot on the change of foot or the steps between Twizzles.

### **Levels of Difficulty**

Calling a Set of Twizzles Level 1 is that the skater executes at least one full rotation for both Twizzles either one on each foot or two on the same foot with different direction and/or entry edge. The Technical Panel determines the level of Twizzles according to the criteria.

Set of Sequential Twizzles: At least two Twizzles with up to 1 step between Twizzles.

Set of Twizzles: At least two Twizzles with up to 3 small steps between Twizzles.

## Characteristics of Levels for Single Pose

Basic Level	Level 1	Level 2	Level 3	Level 4
At least <b>1 rotation</b> in each of the <u>two Twizzles</u>	At least <b>2 rotations</b> in each of the <u>two Twizzles</u>	Different entry edge and different direction of rotation for the two Twizzles	Different entry edge and different direction of rotation for the two Twizzles	Different entry edge and different direction of rotation for the two Twizzles
	AND	AND	AND	AND
	At least <b>1 Additional Features</b>	At least <b>2 rotations</b> in each of the two Twizzles	At least <b>3 rotations</b> in each of the two Twizzles	At least <b>4 rotations</b> in each of the two Twizzles
		AND	AND	AND
		At least <b>2 different Additional Features</b>	At least <b>3 different Additional Features</b> from <b>2 different Groups</b>	At least <b>4 different Additional Features</b> from <b>3 different Groups</b>
			OR	
			At least <b>3 different Additional Features</b> from <b>3 different Groups</b>	

## STEP SEQUENCES

### Additional Principles of Calling

1. The first performed Step Sequence of a required Type shall be identified as the required Step Sequence and given a Level, or No Level if the requirements for Level Basic are not met. Subsequent Step Sequences of that Type and Sequence of a Type not according to the Required elements for Rhythm Dance or Free Dance shall not be identified.
2. If a Fall or an interruption occurs at the entrance to or during a Step Sequence and the element is immediately resumed, the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Level Basic are not met.
3. The percentage of steps for a Step Sequence is evaluated on the overall pattern completed per the prescribed shape, i.e. straight line, circle-shape ect. (This does not apply to the Combination One Foot Step Sequence).
4. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs during the One Foot Step Sequence and the skater continues after touch down (without interruption), only the steps before the touch down shall be considered for Level.
5. If a Fall or interruption occurs at the entrance to or during the One Foot Step Sequence and is immediately followed by the rest of Turns (for the purpose of filling time), the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Basic Level are not met. The additional part after the Fall or interruption shall not be identified.

**Additional Definitions, Specifications to Definitions and Notes**

Steps and turns must be distributed evenly throughout the sequence and must be skated with distinct edges, and to the rhythm(s) of the music.

<b>Group A: Straight Line Step Sequences</b>
<ul style="list-style-type: none"><li>• Midline (sMiSt): Skated along the full length of the center (long) axis of the ice surface.</li><li>• Diagonal (sDiSt): Skated as fully corner to corner as possible.</li></ul>
<b>Group B: Curved Step Sequences</b>
<ul style="list-style-type: none"><li>• Circular (sCiSt): Utilizing the full width of the ice surface on the short axis of the rink.</li><li>• Serpentine (sSeSt): Commences in either direction at the center (long) axis at one end of the rink and progresses in three bold curves or in two bold curves (S-shaped) and ends at the center (long) axis of the opposite end of the rink; pattern utilizing the full width of the ice surface.</li></ul>
<b>Group C: Partial Step Sequence</b>
<ul style="list-style-type: none"><li>• Pattern Dance Type (sPSt): Up to one full circuit of the ice surface and must start on beat one of a musical measure.</li></ul>

<b>Turns</b>
<ul style="list-style-type: none"><li>• One Foot Turn – a rotational movement on one foot in which the skater moves from forward to backward or backward to forward.</li><li>• Two Foot Turn – a rotational movement from one foot to the other foot in which the skater moves forward to backward or backward to forward.</li><li>• Turns: Three Turn, Bracket, Rocker, Counter, Mohawk, Choctaw, Twizzles</li></ul>
<b>Difficult Turns</b>
<ul style="list-style-type: none"><li>• Bracket</li><li>• Rocker</li><li>• Counter</li><li>• Choctaw</li><li>• Outside Mohawk</li><li>• Twizzles (single Twizzles for Level 1 and 2, double Twizzle for Level 3 and 4), skated on distinct and recognizable edges and in accordance with the description of Twizzle in Rule 704</li></ul>
<b>Steps</b>
<ul style="list-style-type: none"><li>• Steps – the visible tracing on the ice that is executed on one foot. It may consist of an edge, change of edge, a turn</li><li>• Examples of steps are edges, changes of edge, stroke, cross stroke, crossed step in front, crossed step behind, chassé, progressive, swing roll, cross roll, slip step and toe step</li></ul>
<b>One Foot Step Sequence Turns</b>
<ul style="list-style-type: none"><li>• Bracket</li><li>• Rocker</li><li>• Counter</li><li>• Twizzles (single Twizzles for Level 1 and 2, double Twizzle for Level 3 and 4), skated on distinct and recognizable edges and in accordance with the description of Twizzle in Rule 704</li></ul>

Note: An error in any part of a turn will result in the turn not being counted for the Level. This also applies to an error in any part of a Twizzle or "Double Twizzle", the entire Twizzle is not counted towards the Level. As an example – If the skater includes a "Double Twizzle" as a

Difficult Turn and there is a mistake in the execution within any part of the Turn, it is not counted even as a "Single Twizzle".

### Levels of Difficulty

To obtain a Basic Level in the solo step sequence, at least 50% of the step sequence must be completed by the skater and must include steps & turns.

#### Characteristics of Levels Style B

Basic Level	Level 1	Level 2	Level 3	Level 4
The Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason	The Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason  AND  Footwork includes at least <b>1 Type of Difficult Turn</b> ( <u>Only the first attempt of the Difficult Turn is considered for Level</u> )	A Step Sequence is not interrupted more than 25% of the pattern in total, either through Stumbles, Falls or any other reason  AND  Footwork includes at least <b>3 Types of Difficult Turns</b> ( <u>Only the first attempt of the Difficult Turn is considered for Level</u> )	A Step Sequence is not interrupted more than 10% of the pattern in total, either through Stumbles, Falls or any other reason  AND  Footwork includes at least <b>4 Types of Difficult Turns</b> ( <u>Only the first attempt of the Difficult Turn is considered for Level</u> ) (if Twizzle is included it must be done with at least two rotations – Double Twizzle)  AND  Turns must be multi-directional	A Step Sequence is not interrupted at all, either through Stumbles, Falls or any other reason  AND  Footwork includes at least <b>5 Types of Difficult Turns</b> ( <u>Only the first attempt of the Difficult Turn is considered for Level</u> ) (if Twizzle is included it must be done with at least two rotations – Double Twizzle)  AND  Turns must be multi-directional  AND  All Steps/Turns are 100% clean

#### Characteristics of One Foot Step Sequence

Basic Level	Level 1	Level 2	Level 3	Level 4
At least <b>2 different Types of One Foot Step Sequence Turns</b> are attempted	<b>1 Type of One Foot Step Sequence Turns</b>  <u>Only the first attempt of the Difficult Turn is considered for Level.</u>	<b>2 different Types of One Foot Step Sequence Turns</b>  <u>Only the first attempt of the Difficult Turn is considered for Level.</u>	<b>3 different Types of One Foot Step Sequence Turns</b>  <u>Only the first attempt of the Difficult Turn is considered for Level.</u>	<b>ALL 4 different Types of One Foot Step Sequence Turns</b> (Twizzles must be done with at least 2 rotations – "Double Twizzle")  AND  <u>All Turns are 100% clean</u>  <u>Only the first attempt of the Difficult Turn is considered for Level.</u>

## **CHOREOGRAPHIC ELEMENTS**

### **Additional Principles of Calling**

1. Choreographic movements are elements which must fit the phrasing / rhythm pattern of the music and enhance the choreography of the program.
2. Choreographic movements can be performed anywhere in the program.
3. Choreographic Sliding Movement shall be identified at the entrance to the element and confirmed when the skater executes controlled sliding movement(s).
4. Choreographic Character Step Sequence shall be identified at the entrance to the element and confirmed when the skater performs steps around the short axis from barrier to barrier.
5. Any choreographic Element/Movement combined with another Required Element as an "Entry" or "Exit" feature will not be considered by the Technical Panel as a required Choreographic Element/Movement. It will only be considered by the Technical Panel as an "entry" and/or "exit" feature.

<b>Choreographic Sliding Movement</b>
<u>A controlled sliding movement on the ice on two feet or alternate feet, or on one foot and one knee/boot (not on two knees). It is permitted to stop the movement to change direction, and it is permitted to end with a stop if it is not a fall.</u>
<b>Choreographic Spinning Movement</b>
<u>A continuous spinning (rotating) movement (different than twizzle and dance spin) on two feet or alternate feet or one foot and one knee/boot (not on two knees) with at least 3 full rotations, which may be stationary or travelling.</u>
<b>Choreographic Character Step Sequence</b>
<u>A Step Sequence around the short axis from barrier to barrier (up to 10 m on either side of the short axis). Any stops, pattern retrogressions, loops, etc are allowed.</u>

Note:

The Base Value is the same for all Choreographic Elements.



## SCALE OF VALUES

SOV – Pattern Dances without Key Points

		<b>-5</b>	<b>-4</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>BASE</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>	<b>+4</b>	<b>+5</b>
<b>1 Fourteenstep</b>												
1 <sup>st</sup> Sequence	FO1SqB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	FO1Sq1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
2 <sup>nd</sup> Sequence	FO2SqB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	FO2Sq1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
3 <sup>rd</sup> Sequence	FO3SqB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	FO3Sq1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
4 <sup>th</sup> Sequence	FO4SqB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	FO4Sq1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
<b>3 Rocker Foxtrot</b>												
1 <sup>st</sup> Sequence	RF1SqB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	RF1Sq1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
2 <sup>nd</sup> Sequence	RF2SqB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	RF2Sq1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
3 <sup>rd</sup> Sequence	RF3SqB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	RF3Sq1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
4 <sup>th</sup> Sequence	RF4SqB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	RF4Sq1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
<b>5 Swing Dance</b>												
1 <sup>st</sup> Sequence	SD1SqB	<u>-3,75</u>	<u>-3,00</u>	<u>-2,25</u>	<u>-1,50</u>	<u>-0,75</u>	<b>5,00</b>	<u>0,75</u>	<u>1,50</u>	<u>2,25</u>	<u>3,00</u>	<u>3,75</u>
	SD1Sq1	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>7,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
2 <sup>nd</sup> Sequence	SD2SqB	<u>-3,75</u>	<u>-3,00</u>	<u>-2,25</u>	<u>-1,50</u>	<u>-0,75</u>	<b>5,00</b>	<u>0,75</u>	<u>1,50</u>	<u>2,25</u>	<u>3,00</u>	<u>3,75</u>
	SD2Sq1	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>7,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>

		<b>-5</b>	<b>-4</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>BASE</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>	<b>+4</b>	<b>+5</b>
<b>7 Willow Waltz</b>												
1 <sup>st</sup> Sequence	DW1SqB	<u>-3,75</u>	<u>-3,00</u>	<u>-2,25</u>	<u>-1,50</u>	<u>-0,75</u>	<b>5,00</b>	<u>0,75</u>	<u>1,50</u>	<u>2,25</u>	<u>3,00</u>	<u>3,75</u>
	DW1Sq1	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>7,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
2 <sup>nd</sup> Sequence	DW2SqB	<u>-3,75</u>	<u>-3,00</u>	<u>-2,25</u>	<u>-1,50</u>	<u>-0,75</u>	<b>5,00</b>	<u>0,75</u>	<u>1,50</u>	<u>2,25</u>	<u>3,00</u>	<u>3,75</u>
	DW2Sq1	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>7,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
<b>13 Starlight Waltz</b>												
1 <sup>st</sup> Sequence 1 <sup>st</sup> Section Step #1-17	SW1Sq1SeB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	SW1Sq1Se1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
1 <sup>st</sup> Sequence 2 <sup>nd</sup> Section Step #18-32	SW1Sq2SeB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	SW1Sq2Se1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
2 <sup>nd</sup> Sequence 1 <sup>st</sup> Section Step #1-17	SW2Sq1SeB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	SW2Sq1Se1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
2 <sup>nd</sup> Sequence 2 <sup>nd</sup> Section Step #18-32	SW2Sq2SeB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	SW2Sq2Se1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
<b>26 Tango Fiesta</b>												
1 <sup>st</sup> Sequence	TF1SqB	<u>-2,50</u>	<u>-2,00</u>	<u>-1,50</u>	<u>-1,00</u>	<u>-0,50</u>	<b>3,33</b>	<u>0,50</u>	<u>1,00</u>	<u>1,50</u>	<u>2,00</u>	<u>2,50</u>
	TF1Sq1	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>4,66</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>
2 <sup>nd</sup> Sequence	TF2SqB	<u>-2,50</u>	<u>-2,00</u>	<u>-1,50</u>	<u>-1,00</u>	<u>-0,50</u>	<b>3,33</b>	<u>0,50</u>	<u>1,00</u>	<u>1,50</u>	<u>2,00</u>	<u>2,50</u>
	TF2Sq1	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>4,66</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>
3 <sup>rd</sup> Sequence	TF3SqB	<u>-2,50</u>	<u>-2,00</u>	<u>-1,50</u>	<u>-1,00</u>	<u>-0,50</u>	<b>3,33</b>	<u>0,50</u>	<u>1,00</u>	<u>1,50</u>	<u>2,00</u>	<u>2,50</u>
	TF3Sq1	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>4,66</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>
<b>27 Tango Canasta</b>												
1 <sup>st</sup> Sequence	TC1SqB	<u>-2,50</u>	<u>-2,00</u>	<u>-1,50</u>	<u>-1,00</u>	<u>-0,50</u>	<b>3,33</b>	<u>0,50</u>	<u>1,00</u>	<u>1,50</u>	<u>2,00</u>	<u>2,50</u>
	TC1Sq1	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>4,66</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>
2 <sup>nd</sup> Sequence	TC2SqB	<u>-2,50</u>	<u>-2,00</u>	<u>-1,50</u>	<u>-1,00</u>	<u>-0,50</u>	<b>3,33</b>	<u>0,50</u>	<u>1,00</u>	<u>1,50</u>	<u>2,00</u>	<u>2,50</u>
	TC2Sq1	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>4,66</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>
3 <sup>rd</sup> Sequence	TC3SqB	<u>-2,50</u>	<u>-2,00</u>	<u>-1,50</u>	<u>-1,00</u>	<u>-0,50</u>	<b>3,33</b>	<u>0,50</u>	<u>1,00</u>	<u>1,50</u>	<u>2,00</u>	<u>2,50</u>
	TC3Sq1	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>4,66</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>

## SOV – Pattern Dances with Key Points

		<b>-5</b>	<b>-4</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>BASE</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>	<b>+4</b>	<b>+5</b>
<b>3 Rocker Foxtrot</b>												
1 <sup>st</sup> Sequence	RF1SqB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	RF1Sq1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
	RF1Sq2	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>4,00</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
2 <sup>nd</sup> Sequence	RF2SqB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	RF2Sq1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
	RF2Sq2	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>4,00</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
3 <sup>rd</sup> Sequence	RF3SqB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	RF3Sq1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
	RF3Sq2	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>4,00</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
4 <sup>th</sup> Sequence	RF4SqB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	<u>0,38</u>	<u>0,75</u>	<u>1,13</u>	<u>1,50</u>	<u>1,88</u>
	RF4Sq1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
	RF4Sq2	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>4,00</b>	<u>0,53</u>	<u>1,05</u>	<u>1,58</u>	<u>2,10</u>	<u>2,63</u>
<b>5 Swing Dance</b>												
1 <sup>st</sup> Sequence	SD1SqB	<u>-3,75</u>	<u>-3,00</u>	<u>-2,25</u>	<u>-1,50</u>	<u>-0,75</u>	<b>5,00</b>	<u>0,75</u>	<u>1,50</u>	<u>2,25</u>	<u>3,00</u>	<u>3,75</u>
	RF1Sq1	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>7,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
	RF1Sq2	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>8,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
2 <sup>nd</sup> Sequence	RF2SqB	<u>-3,75</u>	<u>-3,00</u>	<u>-2,25</u>	<u>-1,50</u>	<u>-0,75</u>	<b>5,00</b>	<u>0,75</u>	<u>1,50</u>	<u>2,25</u>	<u>3,00</u>	<u>3,75</u>
	RF2Sq1	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>7,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
	RF2Sq2	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>8,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
<b>8 European Waltz</b>												
1 <sup>st</sup> Sequence	EW1SqB	<u>-3,75</u>	<u>-3,00</u>	<u>-2,25</u>	<u>-1,50</u>	<u>-0,75</u>	<b>5,00</b>	<u>0,75</u>	<u>1,50</u>	<u>2,25</u>	<u>3,00</u>	<u>3,75</u>
	EW1Sq1	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>7,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
	EW1Sq2	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>8,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
	EW1Sq3	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>9,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
2 <sup>nd</sup> Sequence	EW2SqB	<u>-3,75</u>	<u>-3,00</u>	<u>-2,25</u>	<u>-1,50</u>	<u>-0,75</u>	<b>5,00</b>	<u>0,75</u>	<u>1,50</u>	<u>2,25</u>	<u>3,00</u>	<u>3,75</u>
	EW2Sq1	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>7,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
	EW2Sq2	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>8,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
	EW2Sq3	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>9,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
<b>9 American Waltz</b>												
1 <sup>st</sup> Sequence	AW1SqB	<u>-3,75</u>	<u>-3,00</u>	<u>-2,25</u>	<u>-1,50</u>	<u>-0,75</u>	<b>5,00</b>	<u>0,75</u>	<u>1,50</u>	<u>2,25</u>	<u>3,00</u>	<u>3,75</u>
	AW1Sq1	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>7,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
	AW1Sq2	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>8,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
2 <sup>nd</sup> Sequence	AW2SqB	<u>-3,75</u>	<u>-3,00</u>	<u>-2,25</u>	<u>-1,50</u>	<u>-0,75</u>	<b>5,00</b>	<u>0,75</u>	<u>1,50</u>	<u>2,25</u>	<u>3,00</u>	<u>3,75</u>
	AW2Sq1	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>7,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
	AW2Sq2	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>8,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>

		<b>-5</b>	<b>-4</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>BASE</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>	<b>+4</b>	<b>+5</b>
<b>29 Argentine Tango</b>												
1 <sup>st</sup> Sequence	AT1SqB	<u>-3,75</u>	<u>-3,00</u>	<u>-2,25</u>	<u>-1,50</u>	<u>-0,75</u>	<b>5,00</b>	<u>0,75</u>	<u>1,50</u>	<u>2,25</u>	<u>3,00</u>	<u>3,75</u>
	AT1Sq1	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>7,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
	AT1Sq2	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>8,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
	AT1Sq3	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>9,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
2 <sup>nd</sup> Sequence	AT2SqB	<u>-3,75</u>	<u>-3,00</u>	<u>-2,25</u>	<u>-1,50</u>	<u>-0,75</u>	<b>5,00</b>	<u>0,75</u>	<u>1,50</u>	<u>2,25</u>	<u>3,00</u>	<u>3,75</u>
	AT2Sq1	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>7,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
	AT2Sq2	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>8,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
	AT2Sq3	<u>-5,25</u>	<u>-4,20</u>	<u>-3,15</u>	<u>-2,10</u>	<u>-1,05</u>	<b>9,00</b>	<u>1,05</u>	<u>2,10</u>	<u>3,15</u>	<u>4,20</u>	<u>5,25</u>
<b>32 Blues</b>												
1 <sup>st</sup> Sequence	BL1SqB	<u>-2,50</u>	<u>-2,00</u>	<u>-1,50</u>	<u>-1,00</u>	<u>-0,50</u>	<b>3,33</b>	<u>0,50</u>	<u>1,00</u>	<u>1,50</u>	<u>2,00</u>	<u>2,50</u>
	BL1Sq1	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>4,66</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>
	BL1Sq2	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>5,33</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>
	BL1Sq3	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>6,00</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>
2 <sup>nd</sup> Sequence	BL2SqB	<u>-2,50</u>	<u>-2,00</u>	<u>-1,50</u>	<u>-1,00</u>	<u>-0,50</u>	<b>3,33</b>	<u>0,50</u>	<u>1,00</u>	<u>1,50</u>	<u>2,00</u>	<u>2,50</u>
	BL2Sq1	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>4,66</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>
	BL2Sq2	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>5,33</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>
	BL2Sq3	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>6,00</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>
3 <sup>rd</sup> Sequence	BL3SqB	<u>-2,50</u>	<u>-2,00</u>	<u>-1,50</u>	<u>-1,00</u>	<u>-0,50</u>	<b>3,33</b>	<u>0,50</u>	<u>1,00</u>	<u>1,50</u>	<u>2,00</u>	<u>2,50</u>
	BL3Sq1	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>4,66</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>
	BL3Sq2	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>5,33</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>
	BL3Sq3	<u>-3,50</u>	<u>-2,80</u>	<u>-2,10</u>	<u>-1,40</u>	<u>-0,70</u>	<b>6,00</b>	<u>0,70</u>	<u>1,40</u>	<u>2,10</u>	<u>2,80</u>	<u>3,50</u>

## SOV for Solo Dance Rhythm Dance and Free Dance

		<b>-5</b>	<b>-4</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>BASE</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>	<b>+4</b>	<b>+5</b>
<b>Pattern Dance Element – Rhythm Dance</b>												
Argentine Tango Section 1	1ATB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	0,38	0,75	1,13	1,50	1,88
	1AT1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	0,53	1,05	1,58	2,10	2,63
	1AT2	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>4,00</b>	0,53	1,05	1,58	2,10	2,63
	1AT3	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>4,50</b>	0,53	1,05	1,58	2,10	2,63
	1AT4	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>5,00</b>	0,53	1,05	1,58	2,10	2,63
Argentine Tango Section 2	2ATB	<u>-1,88</u>	<u>-1,50</u>	<u>-1,13</u>	<u>-0,75</u>	<u>-0,38</u>	<b>2,50</b>	0,38	0,75	1,13	1,50	1,88
	2AT1	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>3,50</b>	0,53	1,05	1,58	2,10	2,63
	2AT2	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>4,00</b>	0,53	1,05	1,58	2,10	2,63
	2AT3	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>4,50</b>	0,53	1,05	1,58	2,10	2,63
	2AT4	<u>-2,63</u>	<u>-2,10</u>	<u>-1,58</u>	<u>-1,05</u>	<u>-0,53</u>	<b>5,00</b>	0,53	1,05	1,58	2,10	2,63
<b>Spins</b>												
Solo Dance Spin	sSpB	<u>-1,35</u>	<u>-1,08</u>	<u>-0,81</u>	<u>-0,54</u>	<u>-0,27</u>	<b>1,80</b>	0,27	0,54	0,81	1,08	1,35
	sSp1	<u>-2,25</u>	<u>-1,80</u>	<u>-1,35</u>	<u>-0,90</u>	<u>-0,45</u>	<b>3,00</b>	0,45	0,90	1,35	1,80	2,25
	sSp2	<u>-2,25</u>	<u>-1,80</u>	<u>-1,35</u>	<u>-0,90</u>	<u>-0,45</u>	<b>4,00</b>	0,45	0,90	1,35	1,80	2,25
	sSp3	<u>-2,25</u>	<u>-1,80</u>	<u>-1,35</u>	<u>-0,90</u>	<u>-0,45</u>	<b>5,00</b>	0,45	0,90	1,35	1,80	2,25
	sSp4	<u>-2,25</u>	<u>-1,80</u>	<u>-1,35</u>	<u>-0,90</u>	<u>-0,45</u>	<b>6,00</b>	0,45	0,90	1,35	1,80	2,25
Solo Dance Combination Spin	sCoSpB	<u>-1,35</u>	<u>-1,08</u>	<u>-0,81</u>	<u>-0,54</u>	<u>-0,27</u>	<b>1,80</b>	0,27	0,54	0,81	1,08	1,35
	sCoSp1	<u>-2,25</u>	<u>-1,80</u>	<u>-1,35</u>	<u>-0,90</u>	<u>-0,45</u>	<b>3,00</b>	0,45	0,90	1,35	1,80	2,25
	sCoSp2	<u>-2,25</u>	<u>-1,80</u>	<u>-1,35</u>	<u>-0,90</u>	<u>-0,45</u>	<b>4,00</b>	0,45	0,90	1,35	1,80	2,25
	sCoSp3	<u>-2,25</u>	<u>-1,80</u>	<u>-1,35</u>	<u>-0,90</u>	<u>-0,45</u>	<b>5,00</b>	0,45	0,90	1,35	1,80	2,25
	sCoSp4	<u>-2,25</u>	<u>-1,80</u>	<u>-1,35</u>	<u>-0,90</u>	<u>-0,45</u>	<b>6,00</b>	0,45	0,90	1,35	1,80	2,25

		<b>-5</b>	<b>-4</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>BASE</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>	<b>+4</b>	<b>+5</b>
<b>Poses</b>												
<u>Attitude</u>	<u>sAPo1</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>2,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sAPo2</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>3,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sAPo3</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>4,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sAPo4</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>4,50</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
<u>Crouching Pose</u>	<u>sCPo1</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>2,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sCPo2</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>3,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sCPo3</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>4,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sCPo4</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>4,50</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
<u>Ina Bauer</u>	<u>sIPo1</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>2,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sIPo2</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>3,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sIPo3</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>4,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sIPo4</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>4,50</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
<u>Lunge/Drag</u>	<u>sLPo1</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>2,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sLPo2</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>3,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sLPo3</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>4,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sLPo4</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>4,50</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
<u>Spread Eagle</u>	<u>sSPo1</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>2,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sSPo2</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>3,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sSPo3</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>4,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sSPo4</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>4,50</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
<u>Tea Pot/Shoot the Duck/Hydro Blade</u>	<u>sTPo1</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>2,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sTPo2</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>3,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sTPo3</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>4,00</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>
	<u>sTPo4</u>	<u>-1,73</u>	<u>-1,38</u>	<u>-1,04</u>	<u>-0,69</u>	<u>-0,35</u>	<b>4,50</b>	<u>0,35</u>	<u>0,69</u>	<u>1,04</u>	<u>1,38</u>	<u>1,73</u>

		<b>-5</b>	<b>-4</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>BASE</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>	<b>+4</b>	<b>+5</b>
<b>Twizzles</b>												
Solo Dance Sequential Twizzles Lady	sSqTwLB	<u>-0,60</u>	<u>-0,48</u>	<u>-0,36</u>	<u>-0,24</u>	<u>-0,12</u>	<b>0,80</b>	<u>0,12</u>	<u>0,24</u>	<u>0,36</u>	<u>0,48</u>	<u>0,60</u>
	sSqTwL1	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,42</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	sSqTwL2	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,67</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	sSqTwL3	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,92</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	sSqTwL4	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>3,17</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
Solo Dance Sequential Twizzles Man	sSTwMB	<u>-0,60</u>	<u>-0,48</u>	<u>-0,36</u>	<u>-0,24</u>	<u>-0,12</u>	<b>0,80</b>	<u>0,12</u>	<u>0,24</u>	<u>0,36</u>	<u>0,48</u>	<u>0,60</u>
	sSTwM1	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,42</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	sSTwM2	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,67</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	sSTwM3	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,92</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	sSTwM4	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>3,17</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
Solo Dance Set of Twizzles Lady	sSTwLB	<u>-0,60</u>	<u>-0,48</u>	<u>-0,36</u>	<u>-0,24</u>	<u>-0,12</u>	<b>0,80</b>	<u>0,12</u>	<u>0,24</u>	<u>0,36</u>	<u>0,48</u>	<u>0,60</u>
	sSTwL1	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,42</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	sSTwL2	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,67</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	sSTwL3	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,92</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	sSTwL4	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>3,17</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
Solo Dance Set of Twizzles Man	sSTwMB	<u>-0,60</u>	<u>-0,48</u>	<u>-0,36</u>	<u>-0,24</u>	<u>-0,12</u>	<b>0,80</b>	<u>0,12</u>	<u>0,24</u>	<u>0,36</u>	<u>0,48</u>	<u>0,60</u>
	sSTwM1	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,42</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	sSTwM2	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,67</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	sSTwM3	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,92</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	sSTwM4	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>3,17</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>

		<b>-5</b>	<b>-4</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>BASE</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>	<b>+4</b>	<b>+5</b>
<b>Step Sequences</b>												
Solo Dance One Foot Step Sequence Lady	OFStLB	<u>-0,60</u>	<u>-0,48</u>	<u>-0,36</u>	<u>-0,24</u>	<u>-0,12</u>	<b>0,80</b>	<u>0,12</u>	<u>0,24</u>	<u>0,36</u>	<u>0,48</u>	<u>0,60</u>
	OFStL1	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,42</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	OFStL2	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,67</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	OFStL3	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,92</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	OFStL4	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>3,17</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
Solo Dance One Foot Step Sequence Man	OFStMB	<u>-0,60</u>	<u>-0,48</u>	<u>-0,36</u>	<u>-0,24</u>	<u>-0,12</u>	<b>0,80</b>	<u>0,12</u>	<u>0,24</u>	<u>0,36</u>	<u>0,48</u>	<u>0,60</u>
	OFStM1	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,42</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	OFStM2	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,67</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	OFStM3	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>2,92</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
	OFStLM	<u>-1,82</u>	<u>-1,45</u>	<u>-1,09</u>	<u>-0,73</u>	<u>-0,36</u>	<b>3,17</b>	<u>0,36</u>	<u>0,73</u>	<u>1,09</u>	<u>1,45</u>	<u>1,82</u>
Solo Dance Midline Step Sequence	sMiStB	<u>-3,00</u>	<u>-2,40</u>	<u>-1,80</u>	<u>-1,20</u>	<u>-0,60</u>	<b>4,00</b>	<u>0,60</u>	<u>1,20</u>	<u>1,80</u>	<u>2,40</u>	<u>3,00</u>
	sMiSt1	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>6,45</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
	sMiSt2	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>6,95</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
	sMiSt3	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>7,45</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
	sMiSt4	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>7,95</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
Solo Dance Diagonal Step Sequence	sDiStB	<u>-3,00</u>	<u>-2,40</u>	<u>-1,80</u>	<u>-1,20</u>	<u>-0,60</u>	<b>4,00</b>	<u>0,60</u>	<u>1,20</u>	<u>1,80</u>	<u>2,40</u>	<u>3,00</u>
	sDiSt1	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>6,45</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
	sDiSt2	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>6,95</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
	sDiSt3	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>7,45</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
	sDiSt4	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>7,95</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
Solo Dance Circular Step Sequence	sCiStB	<u>-3,00</u>	<u>-2,40</u>	<u>-1,80</u>	<u>-1,20</u>	<u>-0,60</u>	<b>4,00</b>	<u>0,60</u>	<u>1,20</u>	<u>1,80</u>	<u>2,40</u>	<u>3,00</u>
	sCiSt1	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>6,45</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
	sCiSt2	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>6,95</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
	sCiSt3	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>7,45</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
	sCiSt4	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>7,95</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
Solo Dance Serpentine Step Sequence	sSeStB	<u>-3,00</u>	<u>-2,40</u>	<u>-1,80</u>	<u>-1,20</u>	<u>-0,60</u>	<b>4,00</b>	<u>0,60</u>	<u>1,20</u>	<u>1,80</u>	<u>2,40</u>	<u>3,00</u>
	sSeSt1	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>6,45</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
	sSeSt2	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>6,95</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
	sSeSt3	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>7,45</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>
	sSeSt4	<u>-4,84</u>	<u>-3,87</u>	<u>-2,90</u>	<u>-1,94</u>	<u>-0,97</u>	<b>7,95</b>	<u>0,97</u>	<u>1,94</u>	<u>2,90</u>	<u>3,87</u>	<u>4,84</u>



		<b>-5</b>	<b>-4</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>BASE</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>	<b>+4</b>	<b>+5</b>
<b>Choreographic Elements</b>												
Choreographic Sliding Movement	<u>sChSl1</u>	<u>-1,10</u>	<u>-0,88</u>	<u>-0,66</u>	<u>-0,44</u>	<u>-0,22</u>	<b><u>1,10</u></b>	<u>0,83</u>	<u>1,66</u>	<u>2,49</u>	<u>3,32</u>	<u>4,15</u>
Choreographic Spinning Movement	<u>sChSp1</u>	<u>-1,10</u>	<u>-0,88</u>	<u>-0,66</u>	<u>-0,44</u>	<u>-0,22</u>	<b><u>1,10</u></b>	<u>0,83</u>	<u>1,66</u>	<u>2,49</u>	<u>3,32</u>	<u>4,15</u>
Choreographic Character Step Sequence	<u>sChSt1</u>	<u>-1,10</u>	<u>-0,88</u>	<u>-0,66</u>	<u>-0,44</u>	<u>-0,22</u>	<b><u>1,10</u></b>	<u>0,83</u>	<u>1,66</u>	<u>2,49</u>	<u>3,32</u>	<u>4,15</u>