

ICE DANCE ELEMENTS

2018

Short Dance

	BV
1. Rhumba (1st Sec)	4.40
2. Synchronized Twizzles	6.60
3. Lift	4.50
4. Midl Not-Touch Step Seq	8.60
5. Pattern Dance Type Step Seq	<u>8.60</u>
	32.70

Free Dance

	BV
1. Combination Spin	5.60
2. Circular Step Sequence	7.10
3. Synchronized Twizzles	6.60
4. Diagonal Step Sequence	7.10
5. Choreographic Move	1.00
6. Choreographic Move	1.00
7. Lift	4.50
8. Lift	4.50
9. Lift	4.50
10. x	<u>x</u>
	41.90

2025

Rhythm Dance

	BV
Choreographic Rhythm Sequence	2.00
Synchronized Twizzles	7.34
Lift	5.45
Midline Step Sequence	8.20
Pattern Dance Type Step Sequence	<u>9.45</u>
	32.44

Free Dance

	BV
Dance Spin	6.00
One Foot Turns Sequence	5.72
Synchronized Twizzles	6.84
Diagonal Step Sequence	8.58
Choreographic Move	1.10
Choreographic Move	1.10
Choreo Character Step Seq	1.10
Lift	5.45
Lift	5.45
Lift	<u>5.45</u>
	46.79