

NZIFSA – 2026/27 Adult Ice Dance – SOLO RHYTHM DANCE ELEMENTS

Grade	Edge Elements	Pattern Dance Elements	Twizzles	Step Sequences
<p>SOLO ELITE RHYTHM DANCE</p> <p>Time: 2:50 +/- 10</p> <p>Falls: -1.0</p> <p>Component factor: 1.33</p> <p>Theme is “Rhythm and Waltz”.</p>	<ul style="list-style-type: none"> • Edge Element - Min 3 sec, max 8 sec 	<ul style="list-style-type: none"> • Two sections of Westminster Waltz - A Steps (Women) - Any style - Minimum 160 BPM in 3/4 or 6/4 - Step 1 skated of 1WW Judges left side. - 1WW (Steps #1-12) followed by 2WW (Steps #12-22) - Judged with Key points 	<ul style="list-style-type: none"> • 1 Set of Sequential Twizzles - Max one step between - 2 twizzles 	<ul style="list-style-type: none"> • Step Sequence - Midline or Diagonal - Style B - No loops or retrogressions, touching ice >5 sec. - 1 stop permitted up to 5 sec