



Solo Pattern Dance Diagrams Using Solo 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 $\frac{1}{2}$ 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.

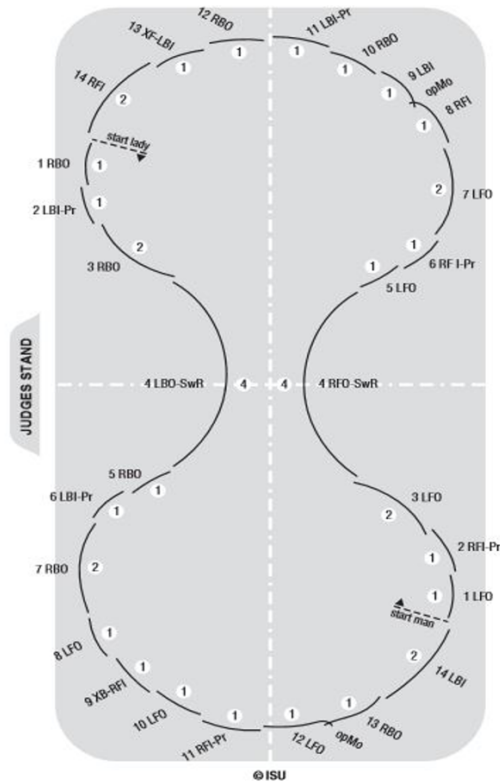
Correct Placement: The foot must be placed on the ice as described in the definition of the turn.

Solo Dance Steps: The required steps for solo 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 Dance Steps to be skated for each dance.

Fourteen Step – 2023-2024 Basic Novice Pattern Dance

Set Pattern Dance – Solo Dance Steps: All Competitors Skate A Steps

A Steps on Left Side of Diagram



4 sequences required for Solo Dance Competitions

March 2/4 and 4/4

112 beats per minute plus or minus 2 beats per minute

Minimum Pattern Time: 0:10.5

Maximum Pattern Time: 0:10.9

Basic Level:

50% of pattern completed

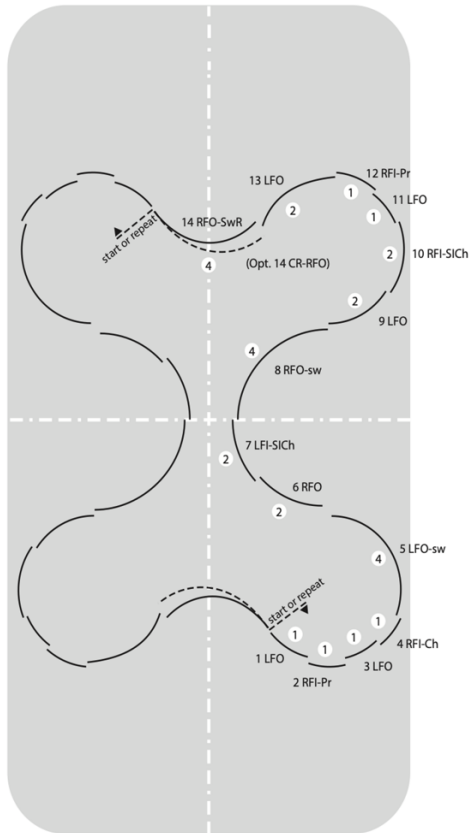
Level 1:

75% of pattern completed

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 Sequence	1-14	14	1	4	6	7	8	11	11	12

Canasta Tango – 2023-2024 Basic Novice Pattern Dance

Set Pattern Dance – Solo Dance Steps: All Competitors Skate A Steps



3 sequences required for Solo Dance Competition

Tango 4/4

108 beats per minute plus or minus 2 beats per minute

Minimum Pattern Time: 0:23.1

Maximum Pattern Time: 0:23.8

Basic Level:

50% of pattern completed

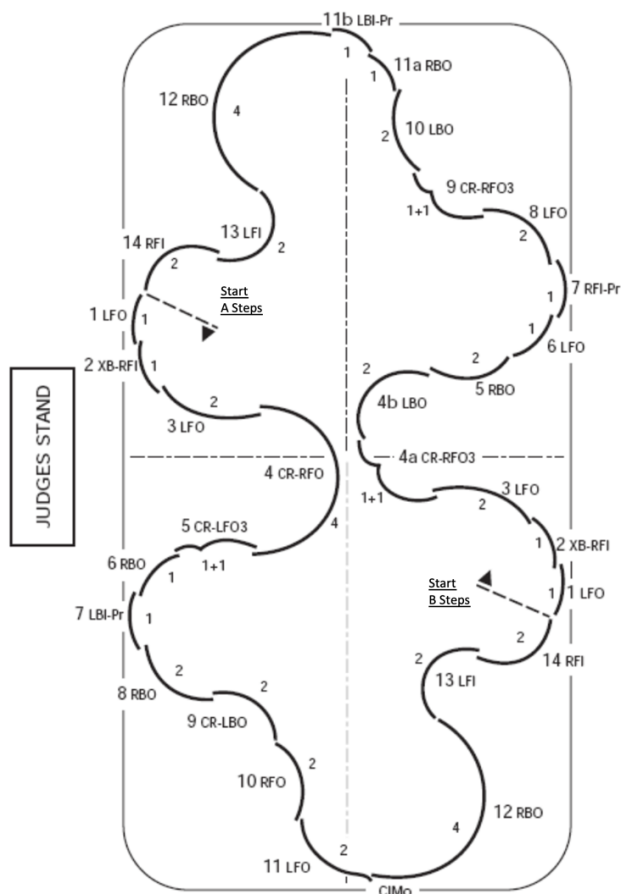
Level 1:

75% of pattern completed

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

Foxtrot – 2023-2024 Intermediate Novice Pattern Dance

Set Pattern Dance – Solo Dance Steps: Sequence 1 & 3: A Steps & Sequence 2 & 4: B Steps



4 sequences required for Solo Dance Competition
Foxtrot 4/4

100 beats per minute plus or minus 2 beats per minute
Minimum Pattern Time: 0:23.1
Maximum Pattern Time: 0:23.8

Basic Level: 50% of pattern completed
Level 1: 75% of pattern completed
Level 2: 75% of pattern completed + 1 Key Point

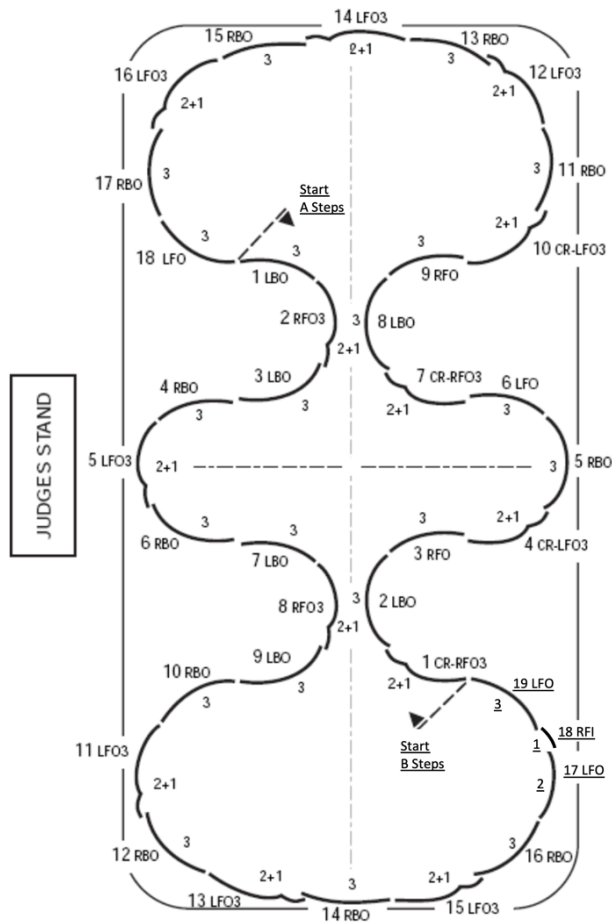
Sequence 1 & 3 A Steps	Key Point 1 A Steps 11-14 (LFO, CIMo, RBO)
FT1Sq, FT3Sq	Correct Edges CIMo: Correct Turn CIMo: Correct placement of the free foot

Sequence 2 & 4 B Steps	Key Point 1 B Steps 3-5 (LFO, CR-RFO3)
FT2Sq, FT4Sq	Correct Edges Correct Turn Correct Cross Roll

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 Sequence	1-14	14	1	4	6	7	8	11	12	13

European Waltz – 2023-2024 Intermediate Novice Pattern Dance

Set Pattern Dance – Solo Dance Steps: Sequence 1: A Steps & Sequence 2: B Steps



2 sequences required for Solo Dance Competition
Waltz 3/4

198 beats per minute plus or minus 3 beats per minute

Minimum Pattern Time: 0:23.1

Maximum Pattern Time: 0:23.8

Basic Level:

50% of pattern completed

Level 1:

75% of pattern completed

Level 2:

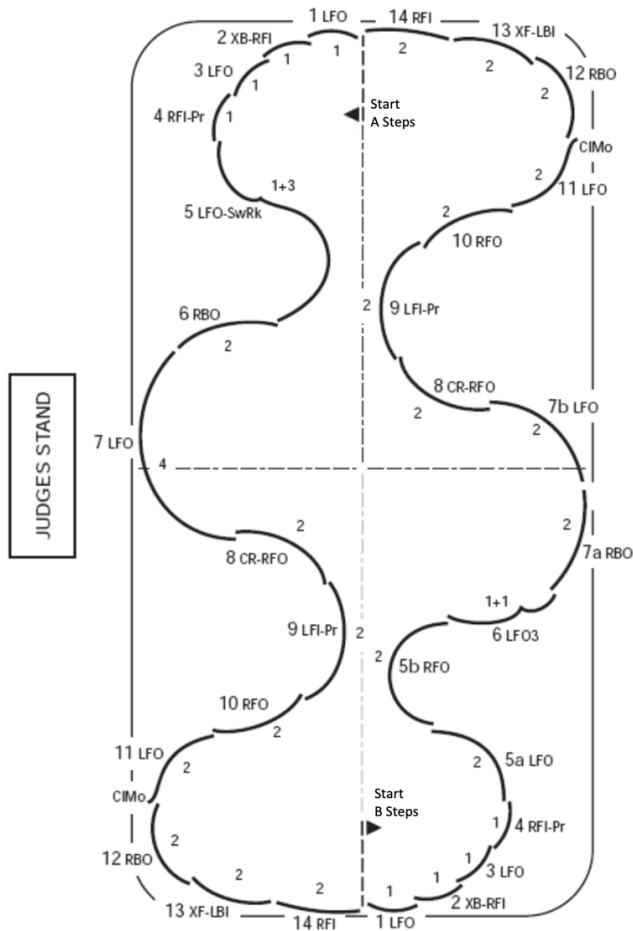
75% of pattern completed + 1 Key Point

Sequence 1 A Steps	Key Point 1 A Steps 6-8 (RBO, LBO, RFO3)
EW1Sq	Correct Edges Correct Turn
Sequence 2 B Steps	Key Point 1 B Steps 6-8 (LFO, CR-RFO3, LBO)
EW2Sq	Correct Edges Correct Turn Correct Cross Roll

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

Rocker Foxtrot – 2023-2024 Advance Novice Pattern Dance

Set Pattern Dance – Solo Dance Steps: Sequences 1 & 3: A Steps & Sequences 2 & 4: B Steps



4 sequences required for Solo Dance Competition
Foxtrot 4/4

104 beats per minute plus or minus 2 beats per minute

Minimum Pattern Time: 0:17.1

Maximum Pattern Time: 0:17.7

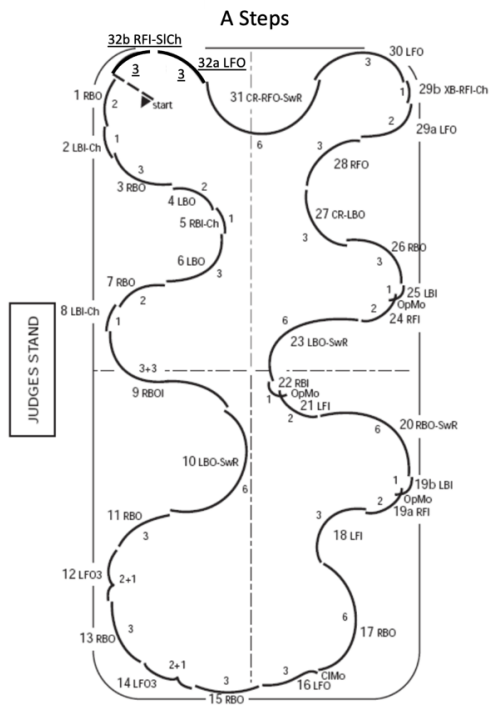
- Basic Level:** 50% of pattern completed
- Level 1:** 75% of pattern completed
- Level 2:** 75% of pattern completed + 1 Key Point
- Level 3:** 90% of pattern completed + 2 Key Points

Sequence 1 & 3 A Steps	Key Point 1 A Steps 5-6 (LFO-SwRk, RBO)	Key Point 2 A Steps 11-12 (LFO CIMo, RBO)
RF1Sq, RF3Sq	Correct Edges Correct Turn Correct Swing rocker free ("leg") movement	Correct Edges CIMo: Correct turn Correct Placement of the free foot
Sequence 2 & 4 B Steps	Key Point 1 B Steps 5a-5b (LFO, RFO)	Key Point 2 B Steps 11-12 (LFO CIMo, RBO)
RF2Sq, RF4Sq	Correct Edges	Correct Edges CIMo: Correct turn Correct Placement of the free foot

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 Section	1-14	14	1	4	6	7	9	11	12	13

Starlight – 2023-2024 Advanced Novice Pattern Dance

Set Pattern Dance – Solo Dance Steps: Sequence 1: A Steps & Sequence 2: B Steps



2 sequences required for Solo Dance Competition

Waltz 3/4

174 beats per minute plus or minus 3 bpm

Minimum Pattern Time: 0:34.8

Maximum Pattern Time: 0:35.6

Basic Level:

Level 1:

Level 2:

Level 3:

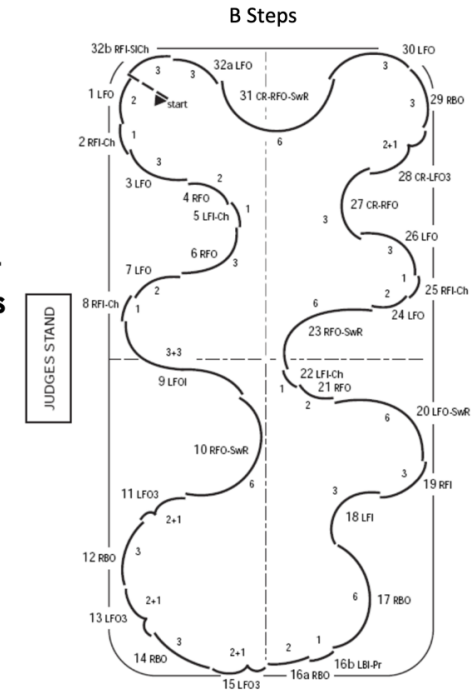
50% of pattern completed

75% of pattern completed

75% of pattern completed + 1 Key Point

90% of pattern completed + 2 Key Points

Sequence 1 A Steps	Key Point 1 A Steps 9-10 (RBOI, LBO-SwR)	Key Point 2 A Steps 21-22 (LFI OpMo, RBI)
SW1Sq	Correct Edges Correct Change of Edge	Correct Edges OpMo: Correct turn Correct Placement of the free foot
Sequence 2 B Steps	Key Point 1 B Steps 9-10 (LFOI, LFO-SwR)	Key Point 2 B Steps 26-28 (LFO, CR-RFO, CR-LFO3 OpMo, RBI)
SW2Sq	Correct Edges Correct Change of Edge	Correct Edges Correct turn Correct Cross Roll



Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 Section	1-32	32	4	8	13	16	20	24	26	29