

### **Adult and Masters Pre-Bronze Free Dance Tests**

The adult and masters pre-bronze free dance tests serve as an introduction to the fundamentals of free dance. The free dance should incorporate a variety of holds, steps and turns from the preliminary and pre-bronze pattern dance tests. Original dance holds and maneuvers are permitted. General requirements outlined for the preliminary pattern dance test apply equally to the adult and masters pre-bronze free dance tests. The couple must demonstrate a basic knowledge of the following two required elements:

**Spin:** One dance spin (hold and position optional) with a minimum of two revolutions. Either one or both partners may be on two feet.

**Step sequence:** A diagonal step sequence in dance hold covering at least one-half of the ice surface. The sequence should include a variety of steps and turns and must include three-turns and mohawks executed by both partners. Extra elements may be added without penalty.

The test is marked only “pass” or “retry” in each division and in the final result.

### **Adult and Masters Bronze Free Dance Tests**

General requirements outlined for the standard and masters bronze pattern dance test apply equally to the adult and masters bronze free dance test, respectively. The program presented must conform to the rules for free dance. The free dance should incorporate a variety of holds, steps and turns from the pre-bronze and bronze pattern dance tests. Very basic unison and dance timing will be expected. Original dance holds and maneuvers are permitted. The couple must demonstrate fair knowledge of the following four required elements:

**Spin:** One dance spin (hold and position optional) with a minimum of two revolutions on one foot by each partner simultaneously.

**Step Sequence:** A diagonal step sequence in dance hold covering at least threequarters of the ice surface. The sequence should include a variety of steps and turns and must include three-turns and mohawks executed by both partners.

Two additional required elements are to be chosen from the following three types:

a. **Lift:** One short lift (not to exceed six seconds) from the following: stationary lift, straight line lift, curve lift or rotational lift. The following long lifts (not to exceed 12 seconds) are not allowed: reverse rotational lift, serpentine lift or combination lift.

b. **Circular step sequence** in dance hold(s). The sequence must be a complete circle utilizing the full width of the ice surface (on the short axis of the rink). The circle must be complete and closed.

c. **Twizzles:** Either synchronized twizzles or a series of synchronized twizzles, minimum one revolution by both partners simultaneously.

Extra elements may be added without penalty.

Duration: Not to exceed 2:25. Vocals permitted.

### **Adult and Masters Silver Free Dance Tests**

General requirements outlined for the adult and masters silver pattern dance test apply equally to the adult and masters silver free dance test, respectively. The program presented must conform to the rules for free dance. The free dance should incorporate a variety of holds, steps and turns from the pre-silver and silver pattern dance tests. Original dance holds and maneuvers are encouraged. While demonstrating fundamentals of basic ice dance, it should have fair to good edges and flow, good timing, some dance expression and display moderately good form and unison. A refined presentation is not expected. The couple must demonstrate fair to good knowledge of the following five required elements:

**Spin:** One dance spin selected from the following types:

a. **Spin:** Minimum two revolutions on one foot by each partner;

b. **Spin Combination:** Minimum two revolutions on one foot by each partner for each part of the spin. There is allowed up to one-half rotation on two feet while changing to the other foot simultaneously by each partner.

**Step Sequence:** A diagonal step sequence in dance hold fully utilizing the ice surface from corner to corner. The sequence should include a variety of steps and turns and must include three-turns and mohawks executed by both partners. Three additional required elements are to be chosen from the following three types:

a. **Lifts:** One or two different types of short lifts (not to exceed six seconds), but no more from the following: stationary lift, straight line lift, curve lift or rotational lift. The following long lifts (not to exceed 12 seconds) are not allowed: reverse rotational lift, serpentine lift or combination lift.

b. **Circular step sequence** in dance hold(s). The sequence must be a complete circle utilizing the full width of the ice surface (on the short axis of the rink). The circle must be closed and complete.

c. **Twizzles:** One or two twizzle elements, either synchronized twizzles or a series of synchronized twizzles, minimum

one revolution by both partners simultaneously. If two twizzle elements are chosen, they must differ either in the number or direction of rotations and/or in the entry edge.

Extra elements may be added without penalty.

Duration: Not to exceed 2:40. Vocal music permitted.

#### **Adult and Masters Gold Free Dance Tests**

General requirements outlined for the adult and masters gold pattern dance test apply equally to the adult and masters gold free dance test, respectively. The program presented must conform to the rules for free dance. It must show difficulty with a variety of holds, steps and turns from the pre-gold and gold pattern dances executed with some sophistication and confidence. Original dance holds and maneuvers are encouraged. Good dance timing, expression and unison should be demonstrated. Full utilization of the ice is expected. The couple must demonstrate good to excellent knowledge of the following six required elements:

**Spin:** One dance spin selected from the following types:

a. **Spin:** Minimum three revolutions on one foot by each partner.

b. **Spin Combination:** Minimum three revolutions on one foot by each partner for each part of the spin. There is allowed up to one-half rotation on two feet while changing to the other foot simultaneously by each partner.

**Step Sequence:** Circular step sequence, in dance hold(s). The sequence must be a complete circle utilizing the full width of the ice surface (on the short axis of the rink). The sequence should include a variety of steps and turns and must include three-turns, mohawks and brackets executed by both partners;

**Synchronized Twizzles:** Either synchronized twizzles or a series of synchronized twizzles, minimum one revolution by both partners simultaneously for each twizzle. Three additional required elements are to be chosen from the following four types:

a. **Lifts:** One to three different types of lifts, but no more. A maximum of one long lift (not to exceed 12 seconds) is allowed and can be chosen from reverse rotational lift, serpentine lift or combination lift. The remaining lifts are to be selected from the list of short lifts (not to exceed six seconds). They are stationary lift, straight line lift, curve lift or rotational lift. It is allowable to execute three short lifts only as long as they are of different types.

b. **Spin:** One additional dance spin, different type from the first performed, i.e., if the first was a spin combination, the second must not change feet or vice versa.

c. **Diagonal step sequence** in dance hold(s), fully utilizing the ice surface as much as possible from corner to corner.

d. **Twizzle:** One additional twizzle element, either synchronized twizzles or a series of synchronized twizzles, minimum one revolution by both partners simultaneously. Must differ either in the number or direction of rotations and/or in the entry edge from the required twizzle element performed.