

## SENIOR FREE DANCE

Couple	Required Lifts Two One rotational One non-rotational	Other Lifts Min. of 3 Max. of 5	Required Spin One in Side-by-side dance hold.	Other Spins Min.of 1 Max. of 2	Synch'd Twizzles Two series	Step Sequences One circular, clockwise One diagonal	Connect'g Moves Speed	2nd Mark Includes Correct selection of music Correct timing Expression of Music Style and unison Choreography	
1.									T.M.
									Pres.
									Total
2.									T.M.
									Pres.
									Total
3.									T.M.
									Pres.
									Total
4.									T.M.
									Pres.
									Total
5.									T.M.
									Pres.
									Total
6.									T.M.
									Pres.
									Total
7.									T.M.
									Pres.
									Total
8.									T.M.
									Pres.
									Total
<b>Lifts</b> Omission 0.5, each required lift Longer than time permitted 0.1-0.2 Lifting partner's hands higher than head 0.1 Sitting or lying on partner's shoulder or back 0.1 Acrobatic lift 0.2 Other violations of specified lifts 0.1-0.2		<b>Dance Spins</b> Omission 0.5, each required spin Incorrect positions or holds 0.2 Executed on two feet by one partner 0.1 Executed on two feet by two partners 0.2 Travelling 0.1-0.2 Other violations of specified spin 0.1-0.2		<b>Step Sequences</b> Omission 0.5, each required seq. Pattern or placement incorrect or incomplete 0.1-0.2 Incorrect positions or holds 0.1-0.2 Retrogressions/stops 0.1 Inclusion of forbidden element 0.1 Required footwork element omitted 0.1-0.3		<b>Series of Twizzles</b> Omission 0.5, each required series Execution not simultaneous 0.1 Incorrect turn by one partner 0.1 Incorrect turn by both partners 0.2			
<b>From Presentation</b> Incorrect music 0.1-0.4 Incorrect timing 0.1-1.0 Skating on weak beat 0.1-0.5 Lack of expression 0.1-0.4 Inappropriate costumes 0.1  <b>0.1 in each mark</b> For each ten seconds over the time limit.		<b>From Technical Merit</b> Stumble or brief interruption 0.1 Fall of one partner 0.2 Fall of two partners 0.3 Fall of 6-15 seconds 0.4 - 1.0 Fall of more than 15 seconds 1.1 - 1.5 Fall which makes it impossible to recognize a require element 0.5 (for omission of the element) Each extra or lacking well-balanced program element 0.1		<b>0.1 from Technical Merit</b> Jumps: More than 1rotation; simultaneous; thrown or lifted. Dance Jumps: Not in dance position; more than 1/2 rotation; more than 2 arm lengths apart. Stops longer than 5 seconds. Separations over 5 seconds (10 at beginning and end). Both skates of either partner off the ice (except in permitted lifts or jumps). Standing, sitting, leaning on partner's boots or legs without having at least one skate on the ice. Pushing or pulling partner by the boot, blade or leg except		in required lifts or spins. Sitting or lying over partner's legs with both feet off the ice. Skating with a hand or hands on the ice. Lying on ice. Body used as main support for sustained position in lifts. Excessive short jerky movements, unless characteristic of the music. Excessive non-skating moves such as sliding on one knee, or toe steps Use of pair skating positions such as hand-in-hand, leading-following, mirror skating, etc.			