

ELEMENTS REQUIS COUPLES ISU - 2021 / 2022	
<b>RHYTHM DANCE</b>	
<b>CATEGORIE JUNIOR</b>	
<b>2'50 +/- 10 sec</b>	
<ul style="list-style-type: none"> <li>* 2 Sequences <b>BLUES</b></li> <li><b>PAS 1-17 1BL</b></li> <li><b>PAS 1-17 2BL</b></li> <li>* One Short Lift (7 sec max) (Straight Line/Curve/Stationnary or Rotational lift)</li> <li>* One Step Sequence in Hold or Not Touching or Combination of Both - Style B</li> <li>* One Set of Sequential Twizzles</li> </ul>	<ul style="list-style-type: none"> <li>SiLi / CuLi / StaLi / RoLi</li> <li>MiSt / DiSt</li> <li>SqTwW / SqTwM</li> </ul>
<b>CATEGORIE SENIOR</b>	
<b>2'50 +/- 10 sec</b>	
<ul style="list-style-type: none"> <li>* 1 Section of <b>MIDNIGHT BLUES</b></li> <li><b>PAS 5-14 1MB</b></li> <li>* One Pattern Dance Type Step Sequence (PSt) - Style C</li> <li>* One Short Lift (7 sec max) (Straight Line/Curve/Stationnary or Rotational lift)</li> <li>* One Step Sequence in Hold or Not Touching or Combination of Both - Style B</li> <li>* One Set of Sequential Twizzles</li> </ul>	<ul style="list-style-type: none"> <li>PStW / PStM</li> <li>SiLi / CuLi / StaLi / RoLi</li> <li>MiSt / DiSt</li> <li>SqTwW / SqTwM</li> </ul>
<b>DANSE LIBRE</b>	
<b>CATEGORIE BASIC NOVICE (BENJAMIN)</b>	
<b>2'00 +/- 10 sec</b>	
<ul style="list-style-type: none"> <li>* One Dance Spin</li> <li>* One Set of Synchronized Twizzles</li> <li>* 1 Choreographic Character Step Sequence</li> <li>* <b>1 Choreographic Element chosen from :</b></li> <li>* Choreographic Lift</li> <li>* Choreographic Spinning Movement</li> <li>* Choreographic Twizzling Movement</li> <li>* Choreographic Sliding Movement</li> </ul>	<ul style="list-style-type: none"> <li>Sp / CoSp</li> <li>SyTwW / SyTwM</li> <li>ChSt</li> <li>ChLi</li> <li>ChSp</li> <li>ChTw</li> <li>ChSl</li> </ul>
<b>CATEGORIE INTERMEDIATE NOVICE (MINIME)</b>	
<b>2'30 +/- 10 sec</b>	
<ul style="list-style-type: none"> <li>* One Dance Spin</li> <li>* One Short Lift (7 sec max) (Straight Line/Curve/Stationnary or Rotational lift)</li> <li>* One Set of Synchronized Twizzles</li> <li>* 1 Choreographic Character Step Sequence</li> <li>* <b>1 Choreographic Element chosen from :</b></li> <li>* Choreographic Lift</li> <li>* Choreographic Spinning Movement</li> <li>* Choreographic Twizzling Movement</li> <li>* Choreographic Sliding Movement</li> </ul>	<ul style="list-style-type: none"> <li>Sp / CoSp</li> <li>SiLi / CuLi / StaLi / RoLi</li> <li>SyTwW / SyTwM</li> <li>ChSt</li> <li>ChLi</li> <li>ChSp</li> <li>ChTw</li> <li>ChSl</li> </ul>
<b>CATEGORIE ADVANCED NOVICE (CADET)</b>	
<b>3'00 +/- 10 sec</b>	
<ul style="list-style-type: none"> <li>* One Dance Spin</li> <li>* One Short Lift (7 sec max) (Straight Line/Curve/Stationnary or Rotational lift)</li> <li>* One Set of Synchronized Twizzles</li> <li>* One Step Sequence in Hold - Style B</li> <li>* <b>2 Different Choreographic Element chosen from :</b></li> <li>* Choreographic Lift</li> <li>* Choreographic Spinning Movement</li> <li>* Choreographic Twizzling Movement</li> <li>* Choreographic Sliding Movement</li> <li>* Choreographic Character Step Sequence</li> </ul>	<ul style="list-style-type: none"> <li>Sp / CoSp</li> <li>SiLi / CuLi / StaLi / RoLi</li> <li>SyTwW / SyTwM</li> <li>MiSt / DiSt / CiSt / SeSt</li> <li>ChLi</li> <li>ChSp</li> <li>ChTw</li> <li>ChSl</li> <li>ChSt</li> </ul>
<b>CATEGORIE JUNIOR</b>	
<b>3'30 +/- 10 sec</b>	
<ul style="list-style-type: none"> <li>* 2 Different Type Short Lift (7 sec max) or 1 Combination Lift (12 sec max)</li> <li>* One Dance Spin (Spin or Combination Spin)</li> <li>* One Step Sequence in Hold - Style B</li> <li>* One Foot Step Sequence , Not Touching</li> <li>* One Set of Synchronized Twizzles</li> <li>* <b>2 Different Choreographic Elements chosen from :</b></li> <li>* Choreographic Lift</li> <li>* Choreographic Spinning Movement</li> <li>* Choreographic Twizzling Movement</li> <li>* Choreographic Sliding Movement</li> <li>* Choreographic Character Step Sequence</li> </ul>	<ul style="list-style-type: none"> <li>SiLi / CuLi / StaLi / RoLi</li> <li>Sp / CoSp</li> <li>MiSt / DiSt/ CiSt / SeSt</li> <li>OFStW / OFStM</li> <li>SyTwW / SyTwM</li> <li>ChLi</li> <li>ChSp</li> <li>ChTw</li> <li>ChSl</li> <li>ChSt</li> </ul>
<b>CATEGORIE SENIOR</b>	
<b>4'00 +/- 10 sec</b>	
<ul style="list-style-type: none"> <li>* 3 Different Type Short Lift or 1 Short Lift and 1 Combination Lift</li> <li>* One Dance Spin (Spin or Combination Spin)</li> <li>* One Step Sequence in Hold - Style B</li> <li>* One Foot Step Sequence , Not Touching</li> <li>* One Set of Synchronized Twizzles</li> <li>* <b>3 Different Choreographic Elements chosen from :</b></li> <li>* Choreographic Lift</li> <li>* Choreographic Spinning Movement</li> <li>* Choreographic Twizzling Movement</li> <li>* Choreographic Character Step Sequence</li> <li>* Choreographic Sliding Movement</li> </ul>	<ul style="list-style-type: none"> <li>SiLi / CuLi / StaLi / RoLi</li> <li>Sp / CoSp</li> <li>MiSt / DiSt/ CiSt / SeSt</li> <li>OFStW / OFStM</li> <li>SyTwW / SyTwM</li> <li>ChLi</li> <li>ChSp</li> <li>ChTw</li> <li>ChSt</li> <li>ChSl</li> </ul>