Well Balanced Programs -- Dance Events
2000-2010 Competition Season

Senior Dance - Free Dance

7 elements

4:00

3 Different Lifts (+ 2 optional lifts up to 6 sec)*
Stationary, Straight Line, Curve or Rotational (6 sec max)
1 may be chosen from Serpentine, Reverse Rotational or Combination Lift (12 sec max)

2 Different Step Sequences in hold
1 from Midline or Diagonal
1 from Circular, S-Shaped or Serpentine

1 Dance Spin or Combination Spin (3 / 3-3)*
Combined dance spin & lift is permitted and will count for both elements

1 Set of Synchronized Twizzles*

*Additional Twizzles, 2 Lifts and 1 Spin count as choreography
6th Lift or 3rd Dance Spin will be considered an Extra Element

Senior & Junior Dance - Original Dance

Folk / Country Dance

4 elements

2:30

2 Different Lifts* -- 6 seconds maximum
Stationary, Straight Line, Curve or Rotational
*only the first lift performed will be identified,
the second is optional & will be considered as choreography
3rd lift will be considered an extra element

1 Step Sequence in hold -- Circular or Diagonal

1 Midline Not Touching Step Sequence

1 set of Sequential Twizzles (not within MiStNt)

Junior Dance - Free Dance

6 elements

3:30

2 Different Lifts (+ 1 optional lift up to 6 sec)*
Stationary, Straight Line, Curve or Rotational (6 sec max)
1 may be chosen from Serpentine, Reverse Rotational or Combination Lift (12 sec max)

2 Different Step Sequences in hold
1 from Midline or Diagonal
1 from Circular, S-Shaped or Serpentine

1 Dance Spin or Combination Spin (3 / 3-3)*
Combined dance spin & lift is permitted and will count for both elements

1 Set of Synchronized Twizzles*

*Additional Twizzles, 1 Lift and 1 Spin count as choreography
4th lift or 3rd Dance Spin will be considered an Extra Element

Intermediate Dance - Free Dance

5 elements

2:30

2 Different Lifts (6 sec max)
Stationary, Straight Line, Curve or Rotational

1 Step Sequence
Circular, Midline or Diagonal

1 Dance Spin or Combination Spin (3 / 3-3)

1 Set of Synchronized Twizzles

Novice Dance - Free Dance

6 elements

3:00

3 Different Lifts
Stationary, Straight Line, Curve or Rotational (6 sec max)
1 may be chosen from Serpentine, Reverse Rotational or Combination Lift (12 sec max)

1 Step Sequence
Circular, Serpentine, Midline or Diagonal

1 Dance Spin or Combination Spin (3 / 3-3)

1 Set of Synchronized Twizzles

Juvenile Dance - Free Dance

5 elements

2:15

2 Different Lifts (6 sec max)
Stationary, Straight Line, Curve or Rotational

1 Step Sequence
Circular, Midline or Diagonal

1 Dance Spin or Combination Spin (3 / 3-3)

1 Synchronized Twizzle

6/19/2009