NATIONAL SOLO DANCE CRITERIA 2026/27

UPDATED 14/11/2026

Category	Pattern Dance / Rhythm Dance	Free Dance
Young Stars Beginner	Novice Foxtrot (2 seq) Rhythm Blues (2 seq)	1 min 30 sec +/- 5 secs
Young Stars Juvenile	Golden Skaters Waltz (2 seq) Festival Cha Cha (2 seq)	1 min 30 sec +/- 5 secs
Basic Novice	Per ISU Solo Dance Requirements 2026/27	Per ISU Solo Dance Requirements 2026/27
Intermediate Novice		
Advanced Novice		
Junior		
Senior		

IMPORTANT INFORMATION

Skaters may only compete in one Championship in each season. Therefore, a skater who enters the British Adult Championships (i.e. Adult Nationals) is not eligible to skate in the British Solo Ice Dance Championships, or vice versa. For the sake of clarity, however, there is no restriction on skaters participating in Open Competitions in both Adult and Solo Dance categories.

Where reference is made to 'ISU Solo Dance Requirements', this refers to the latest ISU communications published on the ISU website containing the ISU Solo Dance criteria and technical rules, as amended from time-to-time. It is the responsibility of the skater/coach to ensure they are up to date with the latest ISU communications and any updates to those communications.

NOTE: Pattern Dance Requirements:

- At Solo Dance Series Qualifier Events, one (1) Pattern Dance will be skated. The Pattern Dance will be drawn at the same time as the starting order and announced by the organising committee.
- At the British Solo Ice Dance Championships 2026, two (2) Pattern Dances will be skated.
- Beginner and Juvenile Skaters should skate the steps according to the solo dance patterns contained in section 7.1 of this criteria.
- Basic Novice–Advanced Novice Skaters should skate the steps according to the solo dance patterns and requirements contained within Appendix A of the ISU Solo Dance Requirements 2026/27.

1.1 GENERAL INFORMATION

Entry Criteria - Solo Dance Series Qualifier Events
• There are no mandatory age restrictions - all skaters may compete at any level they wish to compete at. • All skaters must meet the minimum Skills test requirements, set out in the table below, to enter their respective category as of the relevant competition entry closing date. • Women and Men will be combined for all levels.

Entry Criteria - British Solo Ice Dance Championships 2027

• All skaters must meet the age and test requirements as set out below as of the closing date for entries.
• All skaters must have competed in at least one of the Solo Dance Series Qualifier Events in the same category they plan to compete in at the British Solo Ice Dance Championships.
• Following the end of the solo dance series qualifier events, the top ranked skaters in the national standings from Beginner to Senior categories (based on the groups/numbers set out below) will qualify for the British Solo Ice Dance Championships.
  ○ Beginner to Advanced Novice - 3 groups (maximum 8 skaters per group)
  ○ Junior – 3 groups (maximum 6 skaters per group)
  ○ Senior – 2 groups (maximum 6 skaters per group)
• The national standings will be calculated based upon each skater's best overall score obtained at any of the solo dance series qualifier events in the 2026/27 season and skaters will be ranked accordingly.
• If two or more skaters have the same result, the Total Elements Score will break the tie in the Rhythm Dance and Pattern Dance(s). The Program Components Score will break the tie in the Free Dance. If these results are also equal, the Skaters concerned will be considered as tied.
• Women and Men will be combined for all levels.

Test Requirements		
Category	**Test Requirements**	**Age requirements from 01/07/2026**
Young Stars Beginner	Minimum: Skate UK Star Maximum: Level 1 Skills **+ National 1 PD + National 1 FD**	**Has not reached the age of eleven (11)**
Young Stars Juvenile	Minimum: Level 1 Skills **+ National 1 PD + National 1 FD** Maximum: Level 3 Skills **+ National 3 PD + National 3 FD**	**Has not reached the age of twelve (12)**
Basic Novice	Minimum: Competitive Basic Novice PD + Competitive Basic Novice FD + Level 4 Skills	Has not reached the age of fourteen **(14)**
Intermediate Novice	Minimum: Competitive Intermediate Novice PD + Competitive Intermediate Novice FD + Level 5 Skills	Has not reached the age of sixteen **(16)**
Advanced Novice	Minimum: Competitive Advanced Novice PD + Competitive Advanced Novice FD + Level 6 Skills	Has reached the age of ten **(10)** and has not reached the age of eighteen **(18)**
Junior	Minimum: Competitive Junior RD + Competitive Junior FD + Level 7 Skills	Has reached the age of thirteen **(13)** and not yet reached the age of twenty one **(21)**
Senior	Minimum: Competitive Senior RD + Competitive Senior FD + Level 8 Skills	Has reached the age of seventeen **(17)**

2.1 PATTERN DANCE INFORMATION

All Pattern Dances will be skated in the order listed and must be performed with the first sequence executed in front of the judges' stand. If not, the Referee will stop the skater and instruct them to restart on the correct side without deduction. The first Step of the dance must be on beat 1 of a measure.

Skaters in Basic Novice to Advanced Novice categories shall provide their own music for Pattern Dances.
In all Beginner and Juvenile events the pattern dance music will be played in numerical order from ISU tunes 1-5 for each warm up group. ISU tune 6 will be used for the warm up only.

Warm-up 2 minutes, max 6 skaters. The first 30 seconds are without music, followed by 1 minutes and 30 seconds of the 6th tune of the ISU Ice Dance music will be played.

After the completion of the last step of the Pattern Dance, the skater must reach their final pose within 20 seconds. If this time limit is exceeded, a "Pattern Dances Program time" deduction according to Rule 353, paragraph 1. n) shall apply. The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance plus or minus 2 beats per minute (for dances with 4/4 timing) and plus or minus 3 beats per minute for waltz rhythms.

CATEGORY	PATTERN DANCE	# OF SEQUENCES	MUSIC	PATTERN	COMPONENTS/FACTORS	WARM UP MUSIC
Young Stars Beginner	Novice Foxtrot	2 sequences	ISU Music	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6th (last) tune of the Foxtrot ISU Ice Dance music
	Rhythm Blues	2 sequences	ISU Music	Set Pattern		the 6th (last) tune of the Blues ISU Ice Dance music
Young Stars Juvenile	Golden Skaters Waltz	2 sequences	ISU Music	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6th (last) tune of the Westminster Waltz ISU Ice Dance music
	Festival Cha Cha	2 sequences	ISU Music	Set Pattern		the 6th (last) tune of the Cha Cha Congelado ISU Ice Dance music
Basic Novice	Per ISU Solo Dance Requirements 2026/27					
Intermediate Novice						
Advanced Novice						

2.2 PATTERN DANCE PERCENTAGE OF STEPS INFORMATION

CATEGORY	DANCE		DURATION IN SECS PER SEQUENCE	REQUIRED SECTION or SEQUENCES	NO. OF STEPS PER SECTION or SEQUENCE	No. of Steps				
						10%	25%	50%	75%	90%
Young Stars Beginner	Novice Foxtrot	100 bpm	21.0	2 Sequences	18	2	5	9	14	16
	Rhythm Blues	88 bpm	22.0	2 Sequences	16	2	4	8	12	14
Young Stars Juvenile	Golden Skaters Waltz	162 bpm	20.0	2 Sequences	16	2	4	8	12	14
	Festival Cha Cha	116 bpm	16.6	2 Sequences	18	2	5	9	14	16
Basic Novice	Per ISU Solo Dance Requirements 2026/27									
Intermediate Novice										
Advanced Novice										

2.3 KEY POINTS AND KEY POINT FEATURES FOR PATTERN DANCES

2.3.1 YOUNG STARS BEGINNER AND JUVENILE

All dances are without Key Points and evaluated up to level 1 The Judges evaluate the pattern Dance with GOE	
Basic Level	**Level 1**
50% of Pattern Dance is completed	75% of Pattern Dance is completed

2.3.2 BASIC NOVICE AND ABOVE

Per ISU Solo Dance Requirements 2026/27.

2.4 REQUIREMENTS FOR JUNIOR & SENIOR – RHYTHM DANCE AND FREE DANCE

Per ISU Solo Dance Requirements 2026/27.

3.1 FREE DANCE REQUIRED ELEMENTS – YOUNG STARS BEGINNER & JUVENILE

Category	Young Stars Beginner	Young Stars Juvenile
Element Features up to Level 1 will be considered for Level		
Dance Edge Element	-	-
Dance Spins - DSp	**One (1) Dance Spin – Specifications for Season 2026/27** Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater	
Sequential Twizzles - SqTwW (Woman) - SqTwM (Man)	**One (1) Set of Sequential Twizzles** • At least two Twizzles • Up to 2 steps between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step).	
Choreographic Elements - ChSt - ChSp - ChTw - ChSl - ChHy - ChEe	**Two (2) different Choreographic Elements, chosen from the following:** Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Hydroblading Movement Choreographic Edge Element	**Two (2) different Choreographic Elements:** **One (1)** of which must be a Choreographic Edge Element And **One (1) chosen from the following:** Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Hydroblading Movement Choreographic Sliding Movement

3.2 FREE DANCE REQUIRED ELEMENTS – BASIC NOVICE AND ABOVE

Per ISU Solo Dance Requirements 2026/27.

3.3 FREE DANCE – SPECIFICATIONS/RESTRICTIONS – YOUNG STARS BEGINNER & JUVENILE

	Specifications and Restrictions	Violations
Duration	1:30 minutes +/- 5 seconds	**Program time:** Referee deduction: -0.5 up to every 5 seconds lacking or in excess
Components Factors	• Composition • Presentation • Skating Skills Factor: 1.0	
Music	The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics: i) The music must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or at the end of the program, and up to 10 seconds during the program. ii) The music may have a change of tempo/rhythm and expression. iii) All music including classical music must create an interesting, colourful, entertaining dance program with different dance moods or a building effect.	**Music Requirements:** Referee + Judges deduction: -1.0 per program
Stops	- After the clock has started with the first movement, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program. - During the program, unlimited stops of up to five (5) seconds are permitted.	**Choreography restrictions**: Applies to violations outside of elements Referee + Judges deduction: -0.5 per program
Touching the Ice with Hands	Not permitted (except Choreographic Sliding Movement).	
Costume and Prop	- Clothing must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. - Skaters may wear trousers of any length. - Accessories and props are not permitted.	**Costume and prop:** Referee + Judges deduction: -0.5 per program

3.4 FREE DANCE – SPECIFICATIONS/RESTRICTIONS – BASIC NOVICE AND ABOVE

Per ISU Solo Dance Requirements, subject to the following clarification:

- Throwing the ice should be considered as a Prop Violation, and Judges and the Referee should apply the Costume and Prop Deduction accordingly.

4.1 DEDUCTION CHART – YOUNG STARS BEGINNER AND JUVENILE – Who is Responsible

Description	Penalty	Who is responsible
Program time violation – Free Dance – as per Specifications/Restrictions in section 3.3.	**-0.5 for every 5 sec. lacking or in excess**	**Referee*** **
Program time violation – Pattern Dance – as per section 2.1.	**- 0.5 up to every 5 seconds in excess of permitted time after the last prescribed step in the Pattern Dance to the ending movement/pose**	**Referee*** **
Illegal Elements / Movements / Poses: The following movements and/or poses are illegal in Free Dance and in the Pattern Dances including the introductory and concluding steps (unless otherwise stated in a BIS Communication): a) Jumps of more than half (1/2) a revolution (including back flips) b) Two or more consecutive ½ revolution jumps c) Lying or sitting on the ice (except where permitted) d) Split jumps with any take-off with more than 90 degrees with the thighs e) Flying entries for Dance Spins f) Illusions of more than one rotation g) Touching the ice when not permitted	**-1.0 per violation**	**Technical Panel** Technical Specialist identifies. Technical Controller authorizes or corrects and deducts. If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Basic Level if the requirements for at least Basic Level are fulfilled and ignored if the minimum requirement for Basic Level are not fulfilled.
Costume / prop violations – as per Specifications/Restrictions above in section 3.3.	**-0.5 per program**	**Referee*** + Judges***
Part of the costume / decoration fall on the ice – as per Rule 501, para 2	**-0.5 per program**	**Referee*** **
Fall - Kneeling or sliding on two knees or sitting on the ice is not allowed and it will be considered by the Technical Panel as a Fall (Rules 709 and 710, paras 1.k)) unless otherwise specified in a BIS Communication. - A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any part of the arm (Rule 503, para 1).	**-0.5**	**Technical Panel****
Late start – as per Rule 350, para 2 – for start between 1 and 30 seconds late	**-0.5**	**Referee*** **
Music requirements **Free Dance:** as per the Specifications/Restrictions in section 3.3. **Pattern Dance:** as per section 2.1.	**-1.0 per program**	**Referee*** + Judges***
Tempo specifications **Pattern Dance:** as per section 2.1.	**-1.0 per program**	**Referee*** **
Choreographic Edge Element exceeding permitted duration – 10 secs.	**-0.5 per Choreographic Edge Element**	**Referee*** **

Description	Penalty	Who is responsible
Interruption in performing the program in excess of 10 seconds - more than 10 sec. and up to 20 sec. - more than 20 sec. and up to 30 sec. - more than 30 sec. and up to 40 sec. An interruption is defined as the time elapsed between the moment a skater stops performing the program until the moment they resume performing the program (Rule 503, para 2)	 **-0.5** **-1.00** **-1.50**	**Referee***** If the adverse condition can be remedied without delay the skater does not need to report to the Referee and the music continues to play. If the skater resumes skating within 40 seconds, the Referee will apply a deduction as per Rule 353 1n (note: need to adjust to 1⁄2 original deduction).
Interruption in the program with allowance of up to three (3) minutes to resume from the point of interruption – as per Rule 515, para 3.b)	**-2.5**	**Referee***** If the skater does not resume skating within forty seconds, the Referee shall instruct the music to be stopped and allow the skater 3 additional minutes. If the skater resumes skating within this additional period, the Referee shall apply a deduction 5.0 points as per Rules 353 Para 1n (note: need to adjust to 1⁄2 original deduction). This deduction also covers an interruption of up to 40 seconds immediately preceding the allowance of 3 additional minutes.
Extra Element (ExEl) If an Extra Element is performed in addition to the allowed number of elements from an element group in Free Dance to such element ExEl will be added and the element receives a deduction. For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEl and receive a deduction, E.g. ChSt1ExEl	**-0.5 per element** **Element receives no value**	Technical Panel identifies the element in accordance with calling specifications. The Technical Controller advises the Data Operator to add to the respective element ExEl and input the respective deduction.
Element not according to the well-balanced program requirements (*) In case there is an incorrect element performed as not according to the requirements.	**Element gets NO value but will NOT receive a deduction.**	The computer verification identifies elements not according to requirements and applies the asterisk (*). The Technical Controller verifies and authorizes the call.
Violation of choreographic restrictions **Free Dance:** as per Specifications/Restrictions in section 3.3 (stops and touching the ice with hand(s)).	**-0.5 per program**	**Referee*** + Judges***

*** Referee + Judges:** the deduction is applied according to the opinion of the majority of the Panel which includes all the Judges and the Referee and no deduction in case of a 50:50 split vote. The Judges and Referee will press a button on their screen to apply the above-mentioned deductions.
**** Technical Panel:** Technical Specialist identifies. Technical Controller authorizes or corrects and deducts. However, if both Technical Specialists disagree with a correction requested by the Technical Controller, the initial decision of the Technical Specialists stands.
*******As the values of these deductions are different from the standard ones provided by Rule 353, paragraph 1.n), the Referee may be required to give specific instructions to the system operator and must check the correct input in each instance.

4.2 DEDUCTION CHART – BASIC NOVICE AND ABOVE – Who is Responsible

Per ISU Solo Dance Requirements 2026/27, subject to the following clarification:

- Throwing the ice should be considered as a Prop Violation, and Judges and the Referee should apply the Costume and Prop Deduction accordingly.

5.1 EXPLANATION OF SYMBOLS ON THE JUDGES DETAILS PER SKATER – YOUNG STARS BEGINNER AND JUVENILE

Symbol	Action	Explanation
<	Reduce by 1 Level: interruption of 1 measure or less in PDE.	If the PDE is interrupted one (1) measure or less (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 1. It is reported on the Judges Details chart as: "<" to indicate an interruption of one (1) measure or less. **The level cannot be lowered below a Level 1 if 75% of the dance has still been completed.**
<<	Reduce by 2 Levels: interruption of more than 1 measure in PDE.	If the PDE is interrupted more than one (1) measure or less (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 2. It is reported on the Judges Details chart as: "<<" to indicate an interruption of more than one (1) measure. **The level cannot be lowered below a Level 1 if 75% of the dance has still been completed.**
>	-1.0 point deduction for Extended Dance Edge Element	If the duration of the Dance Edge Element is longer than the permitted time, the Referee applies the deduction of 1 point – the duration of the Edge Element is confirmed by the Referee electronically.
ExEl	-1.0 point deduction for "Extra Element"	If an Extra Element is performed in addition to the allowed number of elements from an element group in Rhythm Dance or Free Dance to such element "ExEl" will be added and the element receives a deduction. For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEl and receive a deduction: ChSt1+ExEl
*	Element gets No Value but will NOT receive a deduction.	Element not according to the well-balanced program requirements (*) If an incorrect element is performed not according to the requirements (e.g., CiSt instead of MiSt/DiSt) or the repetition rule for Dance Edge Elements is violated the element will receive No Value but will not receive a deduction.
F	Fall in Element -0.5 per Fall	If there is a Fall within an Element, this is identified by the Technical Specialist as a "Fall in Element" and the Date Operator pushes the respective button "Fall in Element" and a deduction of -0.5 will apply per each Fall
Fx	Multiple Falls in Element	If there are multiple Falls (Fx) within an Element, this is identified by the Technical Specialist as a Fall in Element and Data Operator pushes the respective button "Fall in Element".
e	If Choreo Element is identified and contains an error.	If Choreographic Element is identified and has any errors as outlined in the chart int he Technical Handbook for levels, it receives the 'e' symbol and the element will receive a reduction in the GOE by the judging panel.

5.2 EXPLANATION OF SYMBOLS ON THE JUDGES DETAILS PER SKATER – BASIC NOVICE AND ABOVE

Per ISU Solo Dance Requirements 2026/27.

6.1 DEFINITIONS OF CHOREOGRAPHIC ELEMENTS – YOUNG STARS BEGINNER AND JUVENILE

DEFINITIONS

Choreographic Edge Element:
Can be performed anywhere in the program, A recognisable Edge Element established and held in position for a minimum of 3 seconds and up to a maximum of 10 seconds.

- Does not need to be performed on a curve.

Choreographic Spinning Movement:
Can be performed anywhere in the program, A continuous spinning (rotating) movement with at least 3 full rotations which may be stationary or travelling.
The following requirements apply:

- On two feet, or alternate feet, or one foot and one knee/boot (but not two knees).
- If a skater performs a pause within the first three (3) rotations of the spinning movement, the movement is considered broken and will not be confirmed by the Technical Panel.
- Must not meet the requirements for a Dance Spin (i.e. 3 revolutions on the spot on one foot).

Choreographic Twizzling Movement:
A Choreographic Twizzling Movement must be performed after the required Set of Twizzles. It is composed of 2 parts and the following requirements apply:

- for both parts: on one foot or two feet or a combination of both and must travel
- for the first part: at least 2 continuous rotations must be performed
- for the second part: at least 2 continuous rotations with up to 3 steps between the first and second twizzling movement

Choreographic Character Step Sequence
The following requirements apply:

- Performed anywhere in the program.
- Must begin with a stop or skidding movement within two meters of the barrier on either side of the rink.
- Must be primarily placed around either the Short Axis or Long Axis, the pattern must be different than the chosen Style B Step sequence, and must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters from the barrier on each side.
- Touching the barrier at the start **or** finish is permitted.
- Permitted stops must not be longer than 5 seconds each.
- Retrogressions are not permitted. (Steps that move around an axis while moving in place during a stop is NOT considered a retrogression.)
  Note: Touching the ice with any part(s) of the body with controlled movements is not permitted in Beginner or Juvenile Choreographic Character Step

Choreographic Hydroblading Movement: performed anywhere in the program, during which the skater performs hydroblading movements.
The following requirements apply:

- A low movement with the upper body almost parallel to the ice. The core of the body must be clearly positioned away from the vertical axis. No other part of the body other than the boot of the free leg is allowed to touch the ice.
- If any other part of the body (other than the allowable boot/foot drag of the free leg) touches the ice it may be considered a Chorographic Sliding Movement.
- Movement must be established by the skater for at least 2 seconds.
  Note: Beginner and Juvenile only

Choreographic Sliding Movement:
Performed anywhere in the program, during which the skater performs a controlled sliding movement on the ice for a minimum of 2 seconds.

The following requirements apply:

- Continuous controlled sliding movement on any part of the body.
- May rotate and no maximum time restriction.
- Controlled sliding on 2 knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element.
- A Sliding Movement which finishes as a stop on 2 knees or sitting/lying on the ice is identified as a Choreographic Sliding Movement and a deduction for Fall/Illegal Element is applied.
- A loss of control while executing a Choreographic Sliding Movement will not be considered as a Fall as long as no additional support is required.
- Performing a simple lunge movement will not be considered a Sliding Movement.
- Additional Sliding Movements will be ignored. Appropriate penalties should be taken if the movement meets the requirements for a Fall or violates other choreographic restrictions which would then be penalized by the judging panel, i.e. on two knees, or the weight of the body is on any another body part, it would be considered a Fall while lightly touching the ice with a hand would be a choreographic restriction violation.

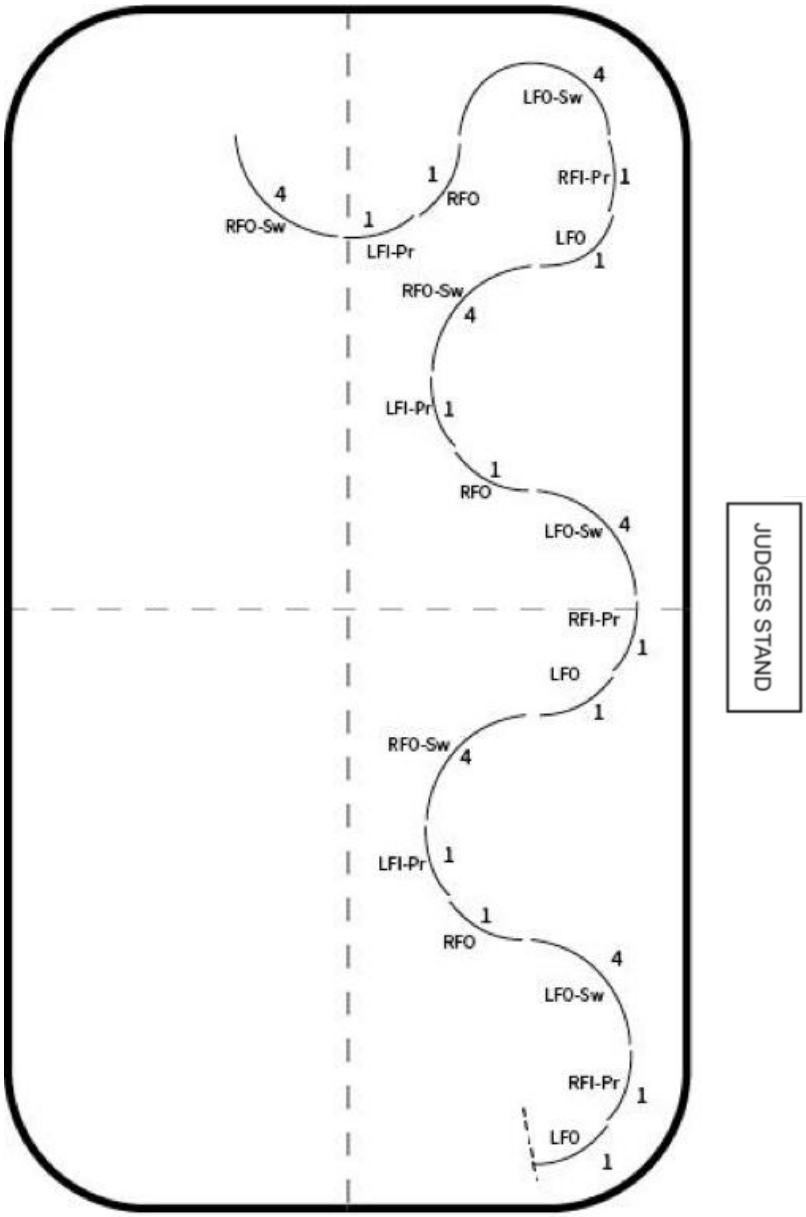
6.2 DEFINITIONS OF CHOREOGRAPHIC ELEMENTS – BASIC NOVICE AND ABOVE

Per ISU Solo Dance Requirements 2026/27.

7.1 BEGINNER AND JUVENILE PATTERN DANCE DIAGRAMS

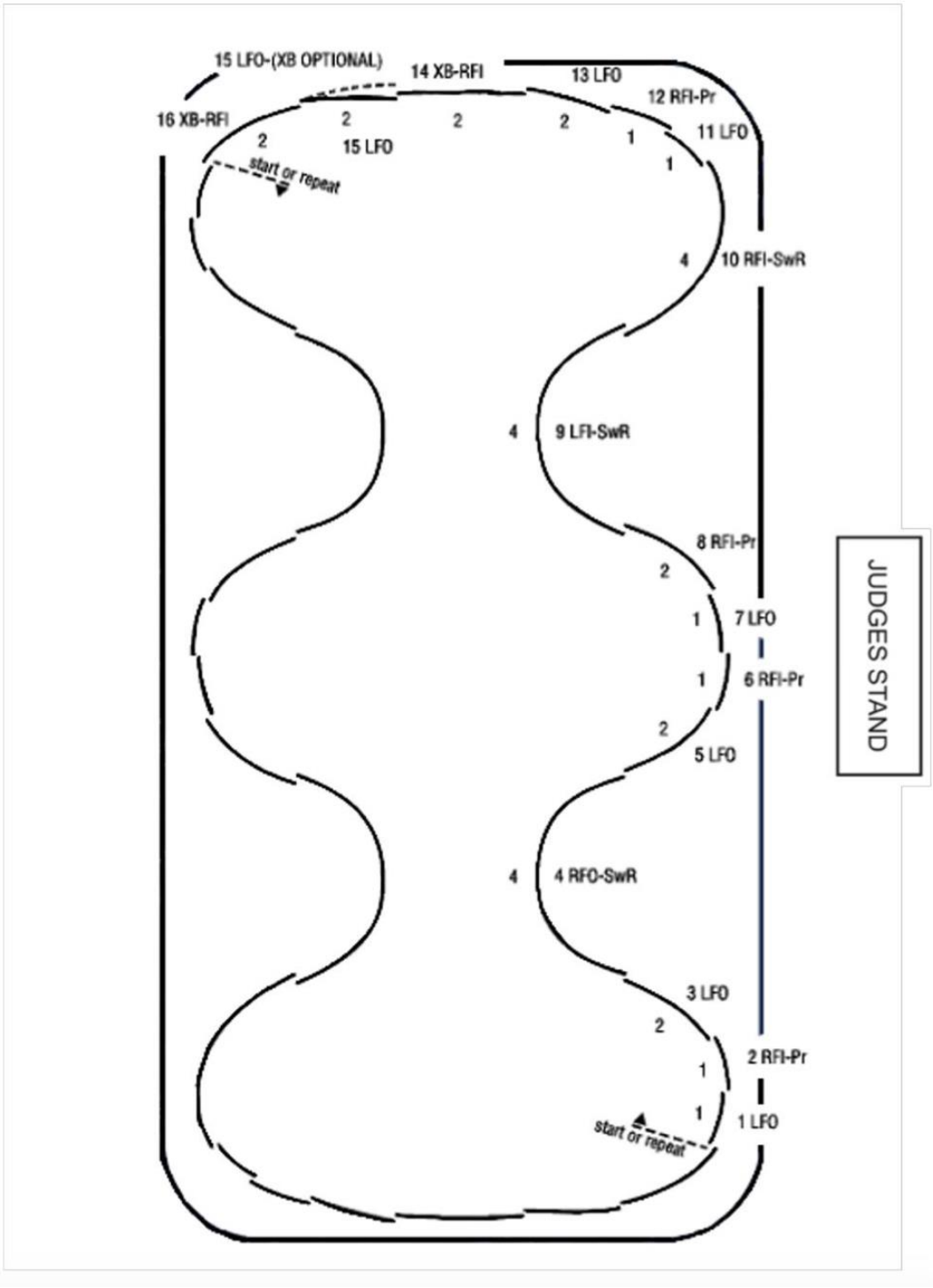
Novice Foxtrot

Music and Tempo: Foxtrot 4/4, 25 measures of 4 beats: 100 beats per minute. All Competitors skate A-Steps.



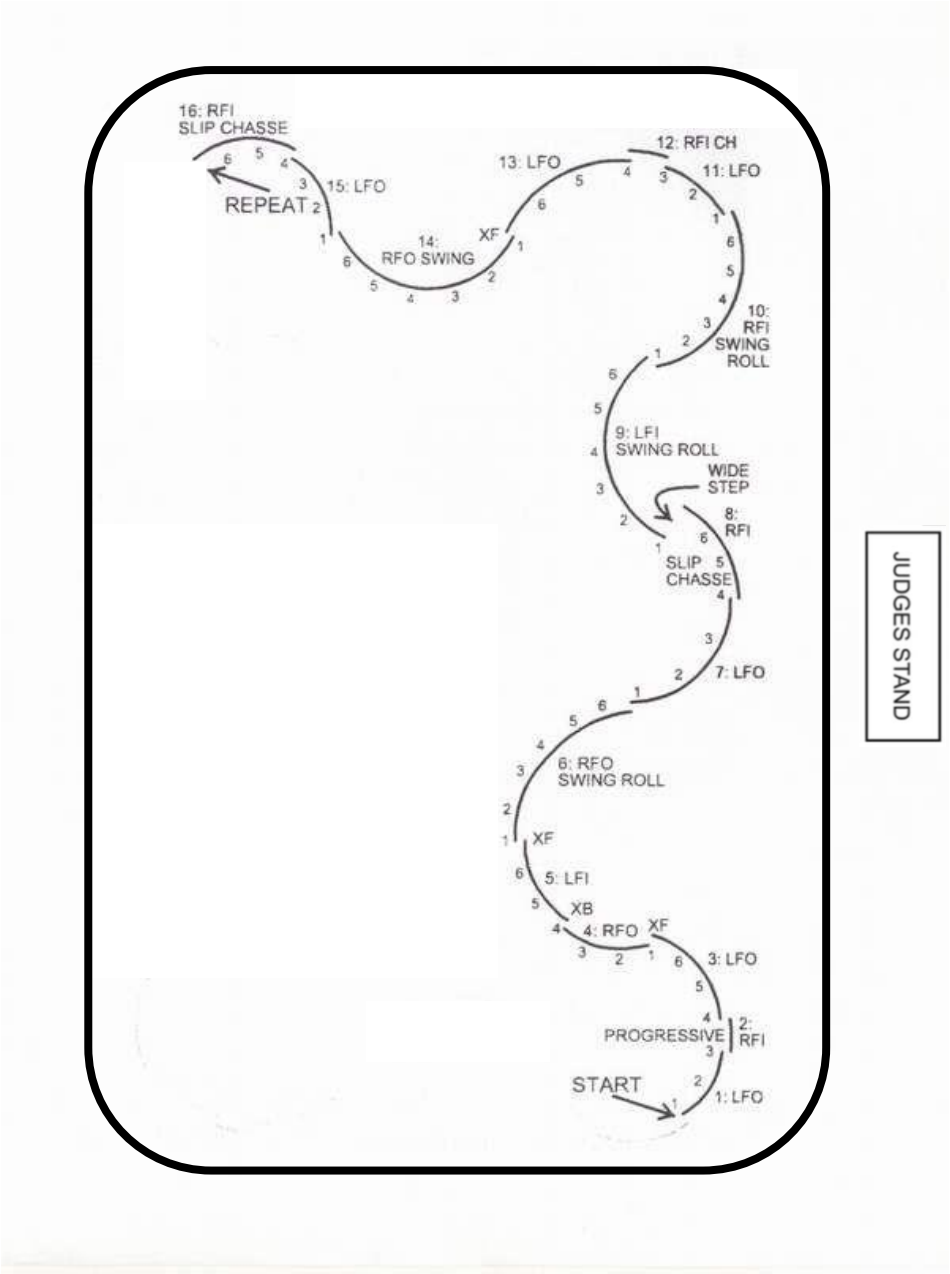
Rhythm Blues

Music and Tempo: Blues 4/4, 22 measures of 4 beats: 88 beats per minute. All Competitors skate A-Steps.



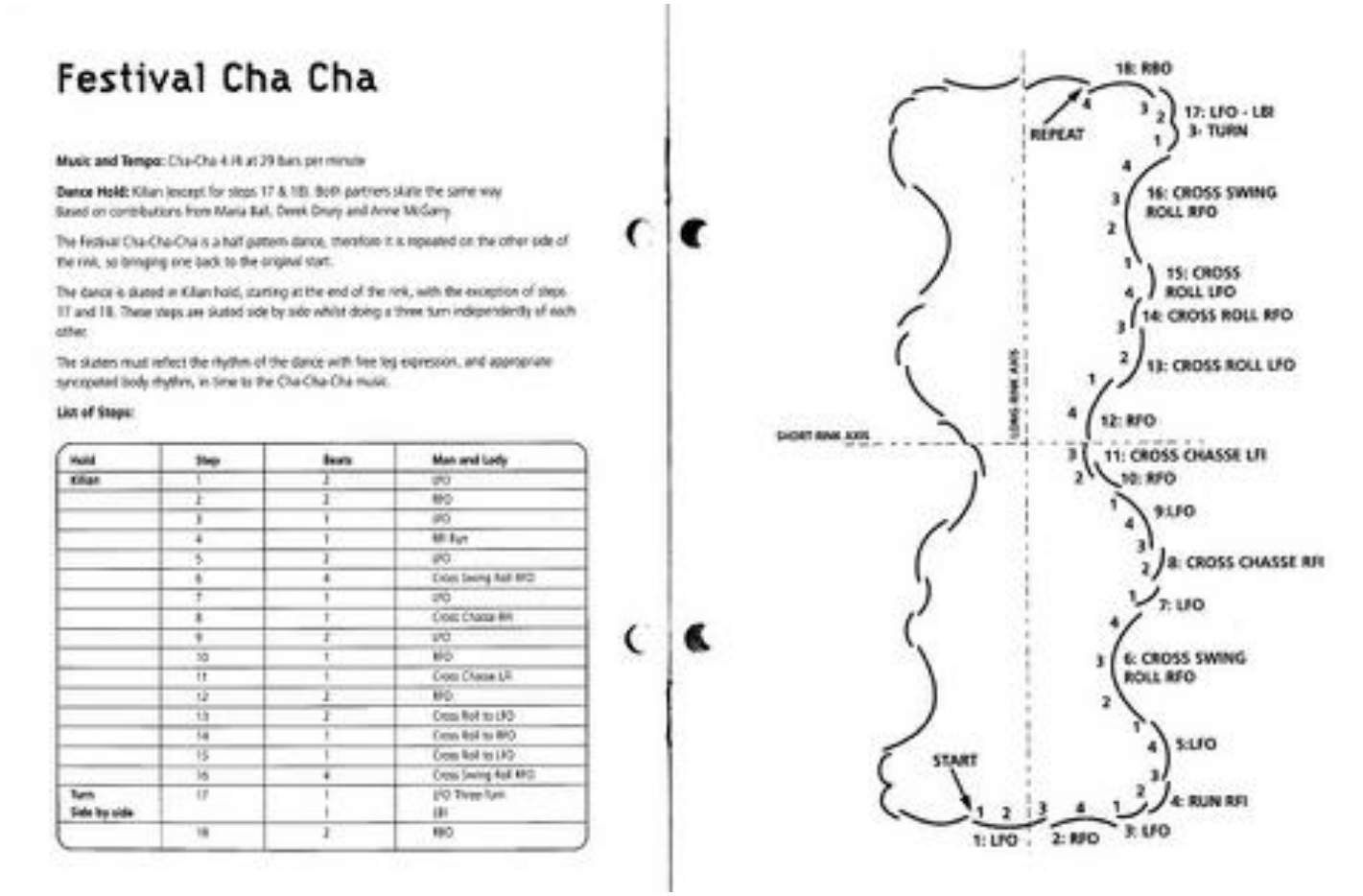
Golden Skaters Waltz

Music and Tempo: Waltz 3/4, 54 measures of 3 beats: 163 beats per minute. All Competitors skate A-Steps.



Festival Cha Cha

Music and Tempo: Cha Cha 4/4, 29 measures of 4 beats: 116 beats per minute. All Competitors skate A-Steps.
The Festival Cha Cha is danced to the same music as the Cha Cha Congelado.



Festival Cha Cha

Music and Tempo: Cha-Cha 4/4 at 29 bars per minute

Dance Hold: Kilian (except for steps 17 & 18). Both partners skate the same way
Based on contributions from Maria Ball, Derek Drury and Anne McGarry

The Festival Cha-Cha-Cha is a half pattern dance, therefore it is repeated on the other side of the rink, so bringing one back to the original start.

The dance is skated in Kilian hold, starting at the end of the rink, with the exception of steps 17 and 18. These steps are skated side by side whilst doing a three turn independently of each other.

The skaters must reflect the rhythm of the dance with free leg expression, and appropriate syncopated body rhythm, in time to the Cha-Cha-Cha music.

List of Steps:

Hold	Step	Beats	Man and Lady
Kilian	1	2	LFO
	2	2	RFO
	3	1	LFO
	4	1	MF Run
	5	2	LFO
	6	4	Cross Swing Roll RFO
	7	1	LFO
	8	1	Cross Chasse RFI
	9	2	LFO
	10	1	RFO
	11	1	Cross Chasse LFI
	12	2	RFO
	13	2	Cross Roll to LFO
	14	1	Cross Roll to RFO
	15	1	Cross Roll to LFO
	16	4	Cross Swing Roll RFO
Turn Side by side	17	1 1	LFO Three Turn LBI
	18	2	RBO