

PATTERN DANCE AND PATTERN DANCE ELEMENT INFORMATION FOR SEASON 2022/23

Includes the Percentage of steps for Pattern Dance and Pattern Dance Elements

PATTERN DANCE AND PATTERN DANCE ELEMENT PERCENTAGE OF STEPS INFORMATION (SEASON 2022/23)										
CATEGORY	DANCE		DURATION IN SECS PER SEQUENCE / SECTION	REQUIRED SECTION or SEQUENCES	No OF STEPS PER SECTION OR SEQUENCE	No of Steps				
						10%	25%	50%	75%	90%
Basic Novice	Swing Dance	98 -102 bpm	37.6 – 39.2	2 Sequences	30	3	8	15	23	27
	Willow Waltz	132-138 bpm	23.4 – 24.6	2 Sequences	22	2	6	11	17	20
	Tango Fiesta	106-110 bpm	17.5 – 18.1	3 Sequences	16	2	4	8	12	14
Intermediate Novice	Rocker Foxtrot	102-106 bpm	15.8 – 16.5	4 Sequences	14	1	4	7	11	13
	American Waltz	195-201 bpm	28.8 – 29.4	2 Sequences	16	2	4	8	12	14
	Fourteenstep	110-114 bpm	10.5 – 10.9	4 Sequences	14	1	4	7	11	13
	Tango	106-110 bpm	28.4 – 29.4	2 Sequences	22	2	6	11	17	20
Advanced Novice	Westminster Waltz	159 - 165 bpm	28.4 – 29.5	2 Sequences/4 Sections Section One: Steps 1-10 Section Two: Steps 11 - 22	$\frac{10}{12}$	$\frac{1}{1}$	$\frac{3}{3}$	$\frac{5}{6}$	$\frac{8}{9}$	$\frac{9}{11}$
	Argentine Tango	94 - 98 bpm	<u>34.3 - 35.7</u>	2 Sequences	31	3	8	16	23	28
Junior	Argentine Tango	94 - 98 bpm	<u>17.1-17.9</u>	1AT: Steps 1-18	18	2	4	9	13	16
			<u>17.1-17.9</u>	2AT: Steps 19-31	<u>13</u>	1	3	6	<u>10</u>	<u>12</u>