

**Well Balanced Programs -- Dance Events
2008-2009 Competition Season**

<p align="center">Senior Dance - Free Dance</p> <p>8 elements 4:00</p> <p>4 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)</p> <p>2 Different Step Sequences in hold 1 from Midline or Diagonal 1 from Circular, S-Shaped or Serpentine</p> <p>1 Dance Combination Spin (3-3)* Combined dance spin & lift is permitted and will count for both elements</p> <p>1 Set of Synchronized Twizzles*</p> <p><small>*Additional Twizzles, 1 Lift and 1 Dance or Combo Spin count as linking movements 6th Lift or 3rd Dance Spin will be considered an Extra Element</small></p>	<p align="center">Senior & Junior Dance - Original Dance Rhythms of the 20's, 30's & 40's</p> <p>5 elements 2:30</p> <p>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</p> <p>1 Dance Spin (3) (combination spin not permitted) Combined dance spin & lift is permitted and will count for both elements</p> <p>1 Step Sequence in hold -- Circular or Diagonal</p> <p>1 Midline Not Touching Step Sequence</p> <p>1 set of Sequential Twizzles (not within NtMiSt)</p>
<p align="center">Junior Dance - Free Dance</p> <p>7 elements 3:30</p> <p>3 Different Lifts (extra Lifts not permitted) Stationary, Straight Line, Curve or Rotational (6 sec max) 1 may be chosen from Serpentine, Reverse Rotational or Combination Lift (12 sec max)</p> <p>2 Different Step Sequences in hold 1 from Midline or Diagonal 1 from Circular, S-Shaped or Serpentine</p> <p>1 Dance Combination Spin (3-3)* Combined dance spin & lift is permitted and will count for both elements</p> <p>1 Set of Synchronized Twizzles*</p> <p><small>*Additional Twizzles and 1 Dance or Combo Spin count as linking movements 3rd Dance Spin will be considered an Extra Element</small></p>	<p align="center">Intermediate Dance - Free Dance</p> <p>5 elements 2:30</p> <p>2 Different Lifts (6 sec max) Stationary, Straight Line, Curve or Rotational</p> <p>1 Step Sequence Circular, Midline or Diagonal</p> <p>1 Dance Spin or Combination Spin (3 / 3-3)</p> <p>1 Set of Synchronized Twizzles</p>
<p align="center">Novice Dance - Free Dance</p> <p>6 elements 3:00</p> <p>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)</p> <p>1 Step Sequence Circular, Serpentine, Midline or Diagonal</p> <p>1 Dance Spin or Combination Spin (3 / 3-3)</p> <p>1 Set of Synchronized Twizzles</p>	<p align="center">Juvenile Dance - Free Dance</p> <p>5 elements 2:15</p> <p>2 Different Lifts (6 sec max) Stationary, Straight Line, Curve or Rotational</p> <p>1 Step Sequence Circular, Midline or Diagonal</p> <p>1 Dance Spin or Combination Spin (3 / 3-3)</p> <p>1 Synchronized Twizzle</p>