

ICE DANCES FOR THE ISU INTERNATIONAL ADULT COUPLES COMPETITIONS

Seasons: 2026-27, 2027-28, 2028-29, 2029-2030

BRONZE

Season	#	Dance Name	# of sequence	Last Competed	Tempo Range (bpm)
2026-2027	6	Swing dance	2	2024-25	94-102
	5	Tenfox	3	new	96-102
2027-2028	8	Willow Waltz	2	2025-26	134-140 bpm
	29	Tango Canasta	3	2023-24	104 (100-106)
2028-2029	17	Hickory Hoedown	4	new	104 (100-106)
	6	Swing dance	2	2024-25	96 (94-96)
2029-2030	28	Tango Fiesta	2	2022-23	100-110 bpm
	8	Willow Waltz	2	2023-24	134-140 bpm

SILVER

Season	#	Dance Name	# of sequence	Last Competed	Tempo Range
2026-2027	9	European Waltz	2	2022-23	129-138
	2	Foxtrot	2	2022-23	96-102
2027-2028	14	Starlight Waltz	2		174 (170-174)
	27	Silver Samba	2		108 (104-108)
2028-2029	3	Rocker Foxtrot	4	2024-25	104 (96-104)
	1	Fourteenstep	3	2024-25	112 (106-112)
2029-2030	10	American Waltz	2	2023-24	188-198
	30	Tango	2	2021-22	100-108

GOLD

Season	#	Dance Name	# of sequence	Last Competed	Tempo Range
2026-2027	12	Viennese Waltz	3	2022-23	150-159
	23	Paso Doble	2	2023-24	108-114
2027-2028	31	Argentine Tango	2	2023-24	96 (90-96)
	34	Blues	3	2023-24	88
2028-2029	14	Starlight Waltz	2	2024-25	174 (170-174)
	18	Kilian	4	2024-25	116 (110-116)
2029-2030	11	Westminster Waltz	2	2020-21	156-162
	27	Silver Samba	2	2021-22	104-108

MASTER'S & MASTERS ELITE

Season	#	Dance Name	# of sequence	Last Competed	Tempo Range
2026-2027	12	Viennese Waltz	3	2023-24	150-159
	32	Tango Romantica	2	a long time ago	108-114
2027-2028	11	Westminster Waltz	2	2022-23	162 (156-162)
	21	Quickstep	4	2024-25	112 (104-112)
2028-2029	16	Golden Waltz*	2	1 st time	186 (170-186)
		Rhumba			176 (166-176)
2029-2030	15	Ravensburger Waltz	2	A while ago	170-198
	26	Cha Cha Congelado	2	2020-21	108-116