

## PATTERN DANCE AND PATTERN DANCE ELEMENT INFORMATION FOR SEASON 2023/24

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

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%
Basic Novice	Fourteenstep	110-114 bpm	10.5-10.9	4 Sequences	14	1	4	7	11	13
	Willow Waltz	132-138 bpm	23.4-24.6	2 Sequences	22	2	6	11	17	20
	Tango Canasta	102-106 bpm	15.8-16.5	3 Sequences	14	1	4	7	11	13
Intermediate Novice	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
	Foxtrot	98-102 bpm	16.5-17.1	4 Sequences	14	1	4	7	11	13
	European Waltz	132-138 bpm	23.6-24.4	2 Sequences	18	2	5	9	14	16
Advanced Novice	Rocker Foxtrot	102-106 bpm	<del>15.8-16.5</del>	4 Sequences	14	1	4	7	11	13
	Starlight Waltz	171-177 bpm	34.8-35.6	2 Sequences/4 Sections Section One: Steps 1-17 Section Two: Steps 18-32	17 15	2 2	4 4	9 8	13 11	15 14
Junior	Rocker Foxtrot	102-106 bpm	15.8-16.5	2 Sequences	14	1	4	7	11	13