

2025-2026 STAR Pattern and Solo Dance Requirements Quick Reference Guide

Solo Dance

Event	Test Prerequisite	Dance #1	Dance #2
STAR 2/STAR 3*	Skater must have passed the STAR 1 dance assessment.	DRAW FOR ONE OR TWO OF: Dutch Waltz (2 sequences) Canasta Tango (2 sequences) Baby Blues (2 sequences)	
STAR 4/STAR 5	Skater must have passed the STAR 3 dance assessment or higher.	Swing (2 sequences)	Fiesta Tango (4 sequences)
STAR 6/STAR 7	Skater must have passed the complete STAR 5 dance assessment or higher.	Fourteenstep (4 sequences)	Foxtrot (4 sequences)
STAR 8/STAR 9	Skater must have passed the complete STAR 5 dance assessment or higher.	Tango (2 sequences)	Blues (2 sequences)
STAR 10/Gold	Skater must have passed the complete STAR 8 dance assessment.	Quickstep (4 sequences)	Argentine Tango (2 sequences)

*Please note that all skaters will be skating the same steps regardless of gender. For dances with different steps for lead and follow, please see the pattern documents showing the transition from follow to lead. Dances that will be affected by switching from follow to lead steps will be indicated in RED

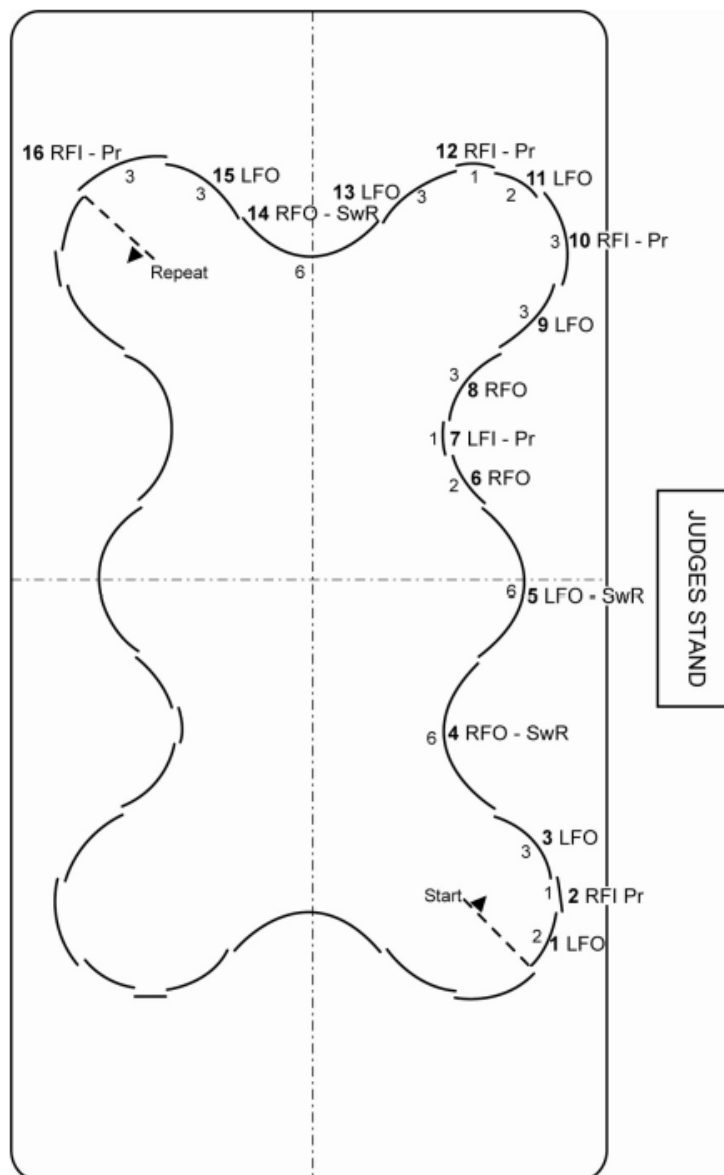
Category	Requirements
STAR 2/3 STAR 4/5 STAR 6/7 STAR 8/9 STAR 10 Gold Diamond	Skate Canada Series 8 music will be used for all pattern dance events. However, skaters have the option to use a selection from the current ISU Ice Dance music (tunes 1 to 5) or from the Skate Canada approved music for pattern dances. If skaters chose to not use Series 8 music, they must supply this music to the competition organizers as indicated in the announcement for the competition. Only Skate Canada Series 8 music will be used during the warm-up period.

PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

Dutch Waltz								
Music	Tempo							Pattern
Waltz 3/4	45 measures of 3 beats per minute 135 beats per minute +/- 3 beats per minute							Set
Duration in seconds per Sequence				Duration in seconds from step #1 to last step				
20.4 - 21.3				40.8 - 42.6				

2 Sequences / 2 GOEs	Section	Steps	# of Steps	10%	25%	50%	75%	90%
DW1, DW2	1 Section	1-16	16	2	4	8	12	14



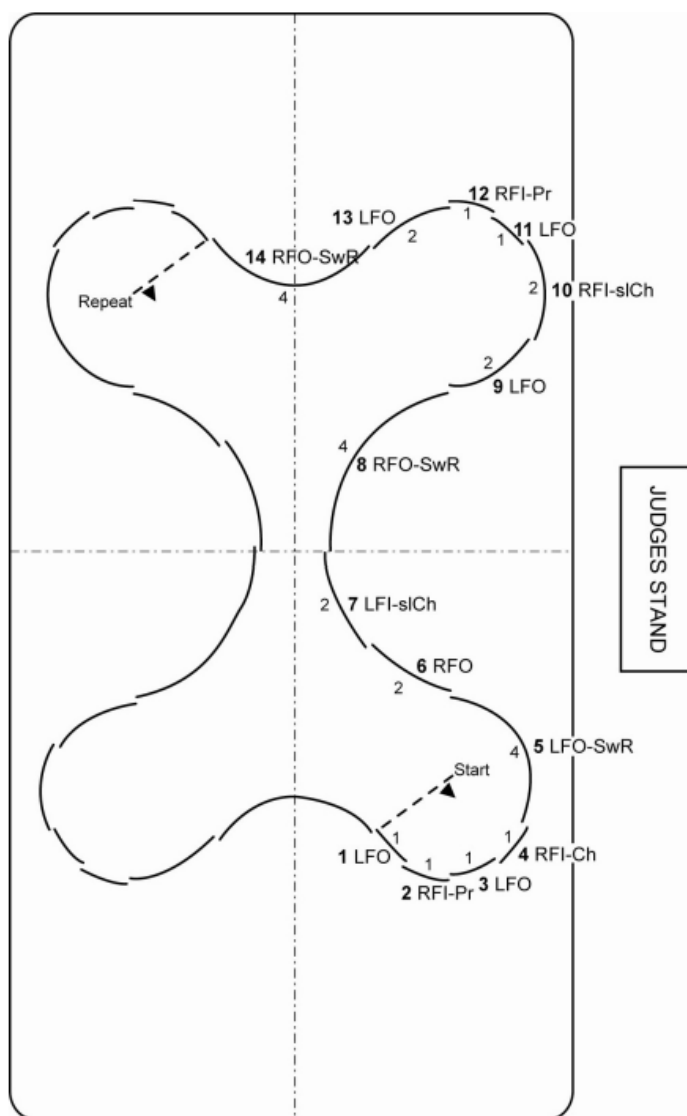
Follow and Lead steps are the same for each sequence

PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

Canasta Tango								
Music	Tempo							Pattern
Tango 4/4	27 measures of 4 beats per minute 108 beats per minute +/- 2 beats per minute							Set
Duration in seconds per Sequence				Duration in seconds from step #1 to last step				
15.8 – 16.5				47.4 – 49.5				

3 Sequences / 3 GOEs	Section	Steps	# of Steps	10%	25%	50%	75%	90%
TC1, TC2, TC3	1 Section	1-14	14	1	4	7	11	13



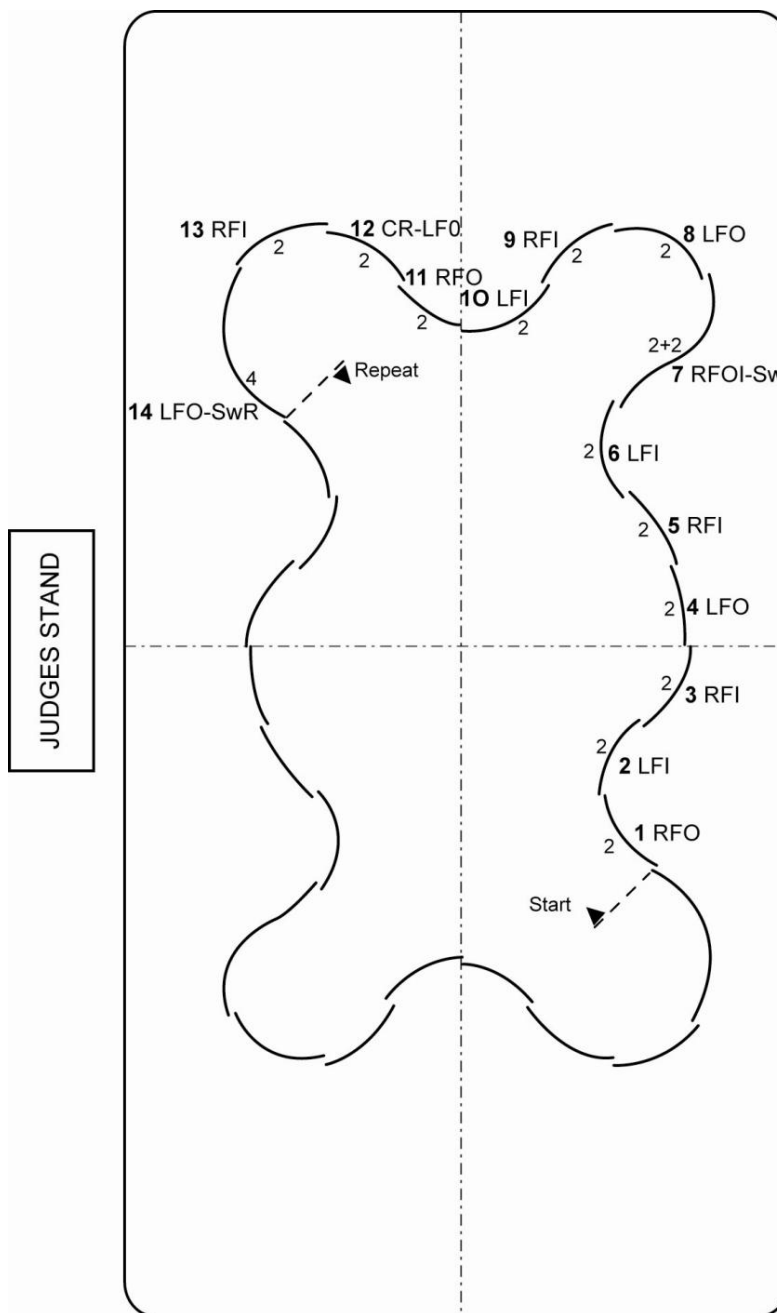
Follow and Lead steps are the same for each sequence

PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

Baby Blues								
Music	Tempo							Pattern
Blues 4/4	22 measures of 4 beats per minute 88 beats per minute +/- 2 beats per minute							Set
Duration in seconds per Sequence				Duration in seconds from step #1 to last step				
21.3 – 22.3				63.9 – 67.0				

3 Sequences / 3 GOEs	Section	Steps	# of Steps	10%	25%	50%	75%	90%
BB1, BB2, BB3	1 Section	1-14	14	1	4	7	11	13

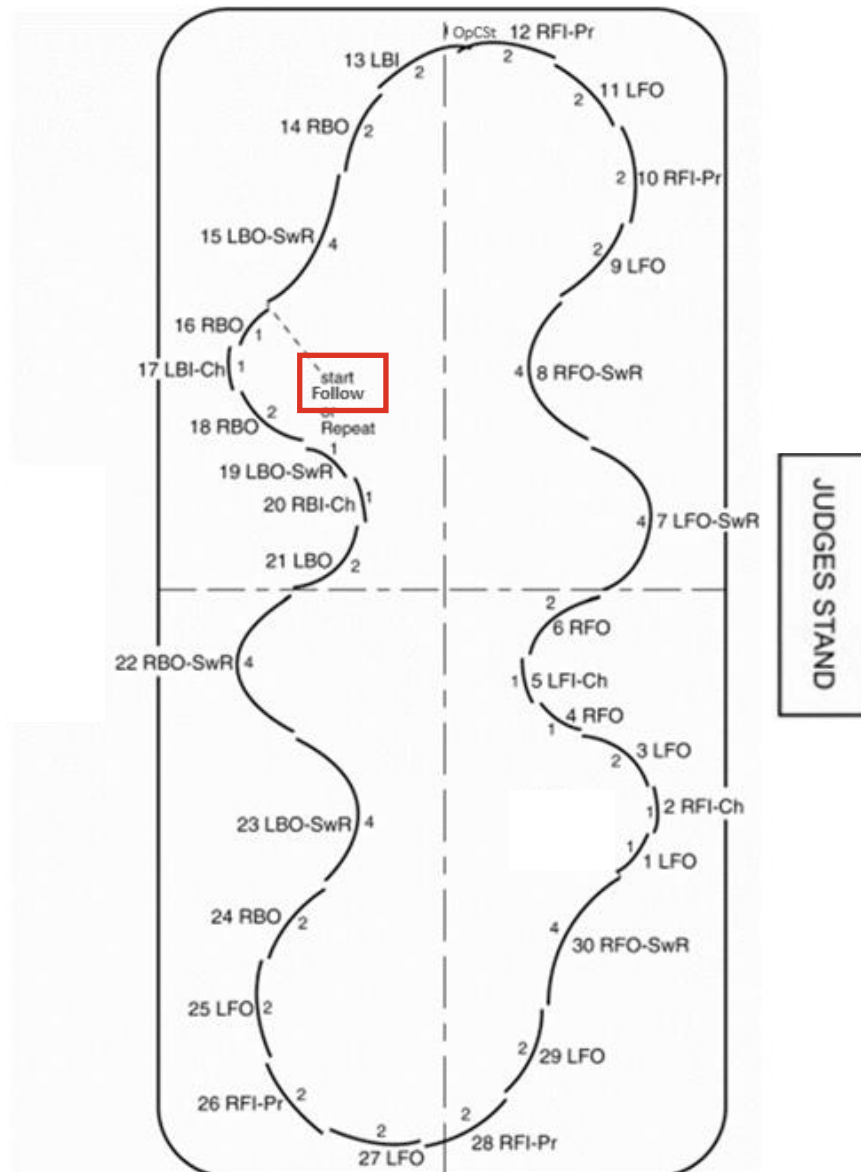


Follow and Lead steps are the same for each sequence

PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

Swing Dance								
Music	Tempo							Pattern
Foxtrot 4/4	24 measures of 4 beats per minute 96 beats per minute +/- 2 beats per minute							Set
Duration in seconds per Sequence				Duration in seconds from step #1 to last step				
39.2 – 40.9				78.4 – 81.8				
2 Sequences / 2 GOEs	Section	Steps	# of Steps	10%	25%	50%	75%	90%
SD1, SD2	1 Section	1-30	30	3	8	15	23	27



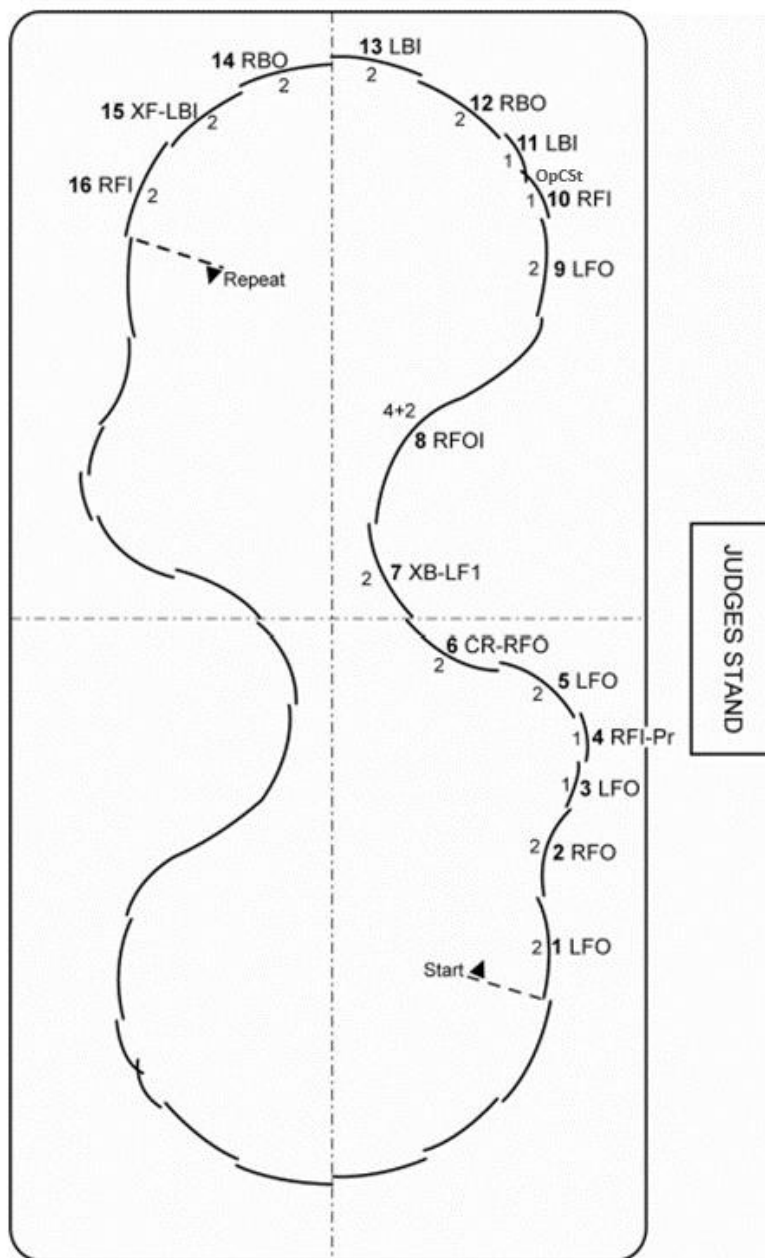
Dance will have 2 sequences. Steps 1-30 completed 2 times (2 full rounds of the rink) starting at **Step 16**

PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

Fiesta Tango								
Music	Tempo							Pattern
Tango 4/4	27 measures of 4 beats per minute 108 beats per minute +/- 2 beats per minute							Set
Duration in seconds per Sequence				Duration in seconds from step #1 to last step				
17.5 – 18.1				52.5 – 54.3				

4 Sequences / 3 GOEs	Section	Steps	# of Steps	10%	25%	50%	75%	90%
TF1, TF2, TF3	1 Section	1-16	16	2	4	8	12	14

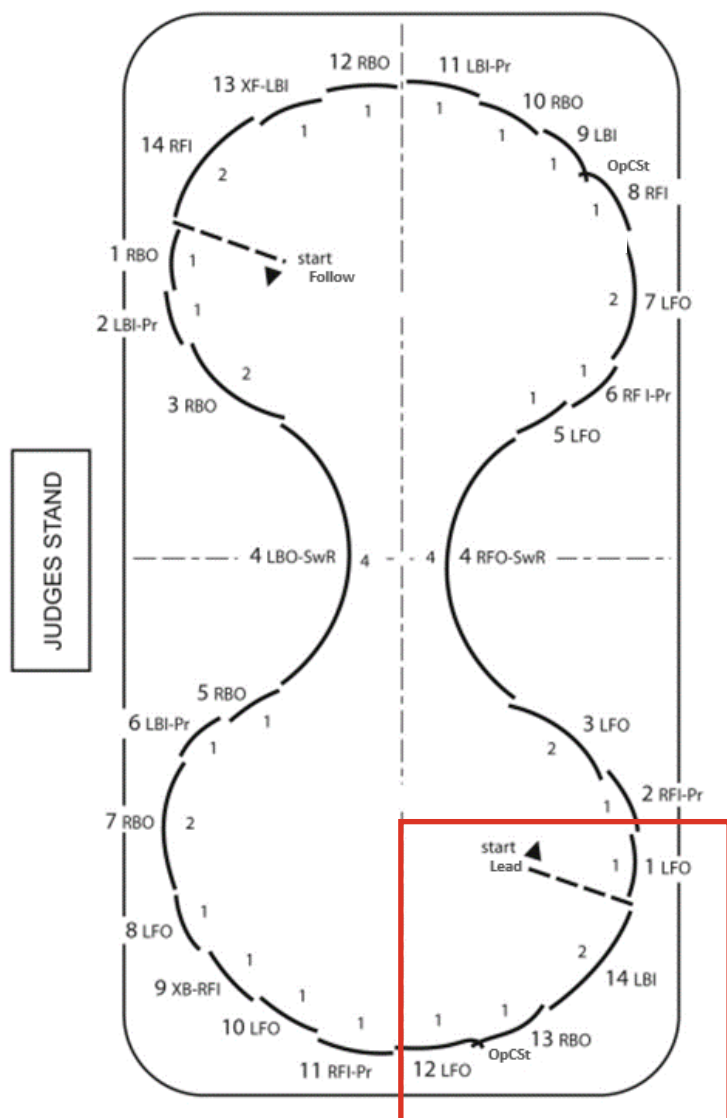


Follow and Lead steps are the same for each sequence

PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

Fourteenstep								
Music	Tempo							Pattern
March 6/8 or March 2/4	56 measures of 2 beats per minute 112 beats per minute +/- 2 beats per minute 28 measures of 4 beats per minute 112 beats per minute +/- 2 beats per minute							Set
Duration in seconds per Sequence					Duration in seconds from step #1 to last step			
10.5 – 10.9					40.0 – 43.6			
4 Sequences / 4 GOEs	Section	Steps	# of Steps	10%	25%	50%	75%	90%
FO1, FO2, FO3, FO4	1 Section	1-14	14	1	4	7	11	13

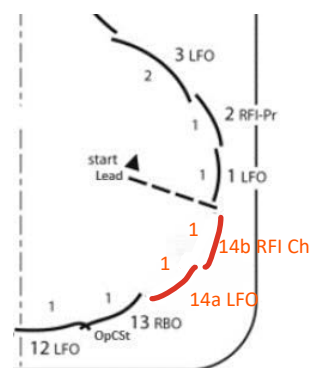


Modification: End of FO2 to transition to FO3

Step 14a: LFO

Step 14b: RFI Ch

Step 14a and Step 14b each get 1 beat



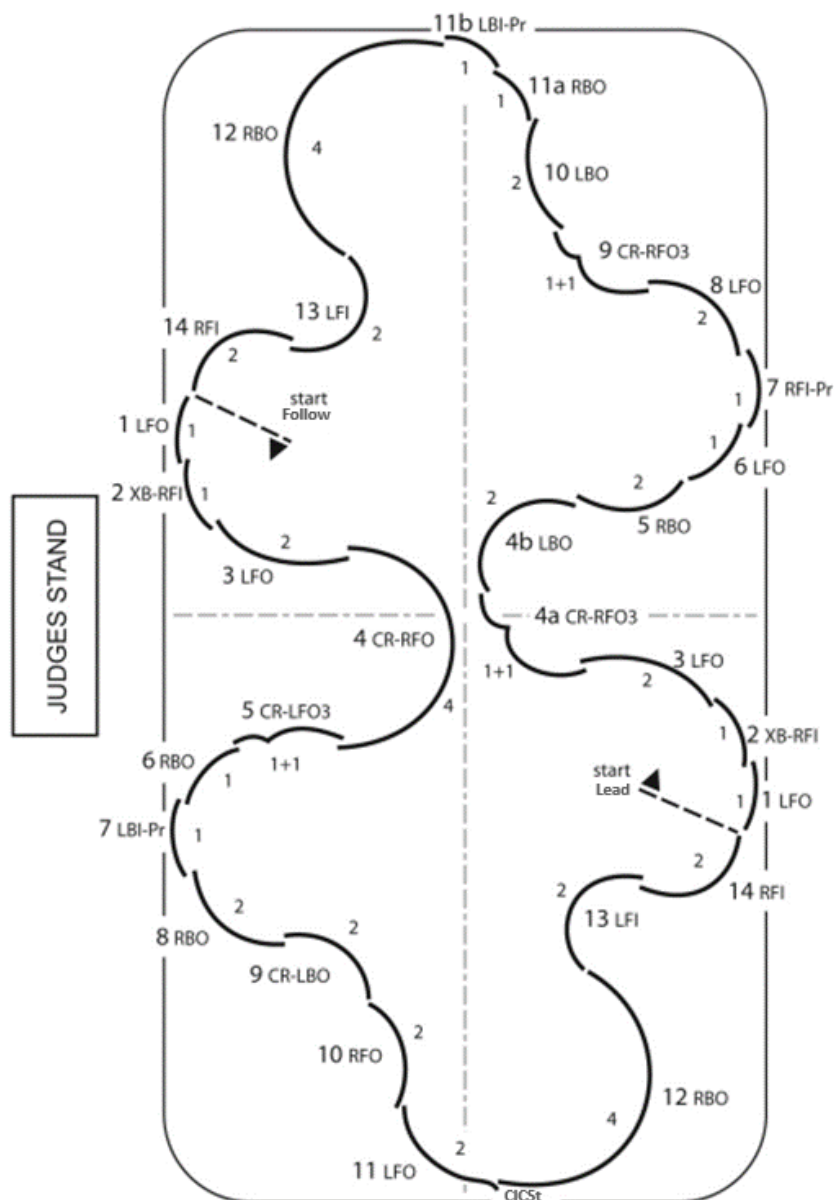
Dance will start with two sequences of follow step immediately into two sequences of lead steps

PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

Foxtrot								
Music	Tempo							Pattern
Foxtrot 4/4	25 measures of 4 beats per minute 100 beats per minute +/- 2 beats per minute							Optional
Duration in seconds per Sequence				Duration in seconds from step #1 to last step				
16.5 – 17.1				66.8 – 68.4				

4 Sequences / 4 GOEs	Section	Steps	# of Steps	10%	25%	50%	75%	90%
FT1, FT2, FT3, FT4	1 Section	1-14	14	1	4	7	11	13

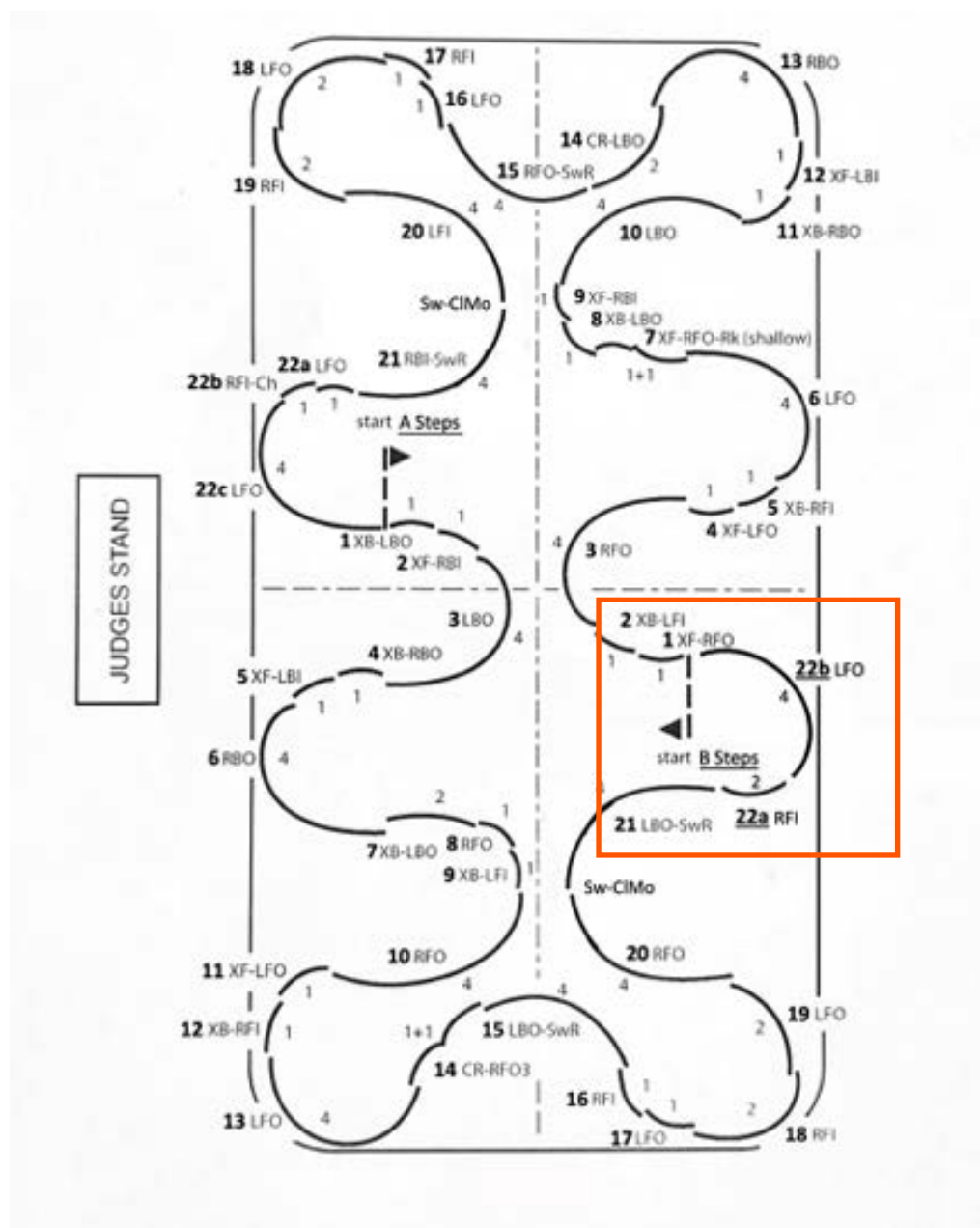


Dance will start with two sequences of follow step immediately into two sequences of lead steps

PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

Tango								
Music	Tempo							Pattern
Tango 4/4	27 measures of 4 beats per minute 108 beats per minute +/- 2 beats per minute							Optional
Duration in seconds per Sequence				Duration in seconds from step #1 to last step				
28.4 – 29.4				56.8 – 58.8				
2 Sequences / 2 GOEs	Section	Steps	# of Steps	10%	25%	50%	75%	90%
TA1, TB2	1 Section	1-22	22	2	6	11	17	20

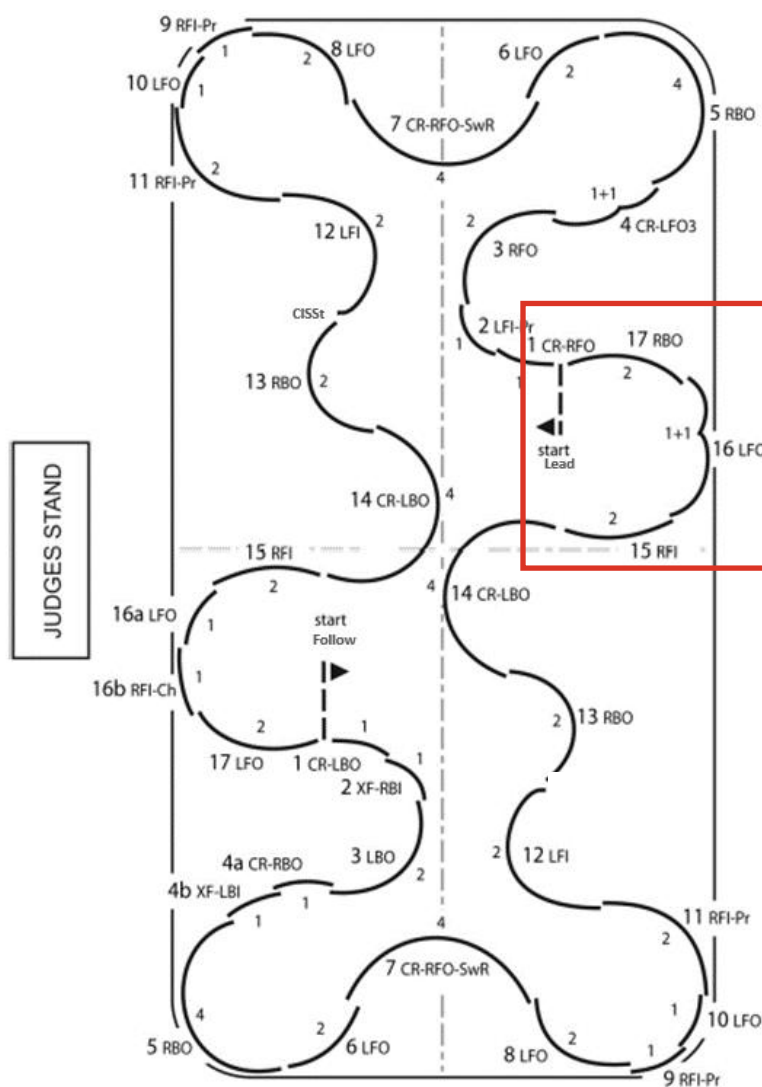


Dance will start with one sequence of follow step immediately into sequence of lead steps

PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

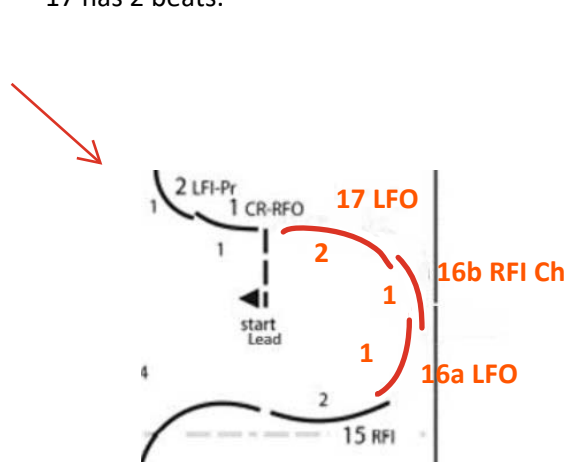
Blues								
Music	Tempo							Pattern
Blues 4/4	22 measures of 4 beats per minute 88 beats per minute +/- 2 beats per minute							Optional
Duration in seconds per Sequence				Duration in seconds from step #1 to last step				
24.0 – 25.2				72.0 – 75.6				
3 Sequences / 3 GOEs	Section	Steps	# of Steps	10%	25%	50%	75%	90%
BL1, BL2	1 Section	1-17	17	2	4	9	13	15



Modification: End of BL1 to transition to BL2

16a: LFO
16b: RFI Ch
17: LFO

Steps 16a and 16b have 1 beat per step. Step 17 has 2 beats.



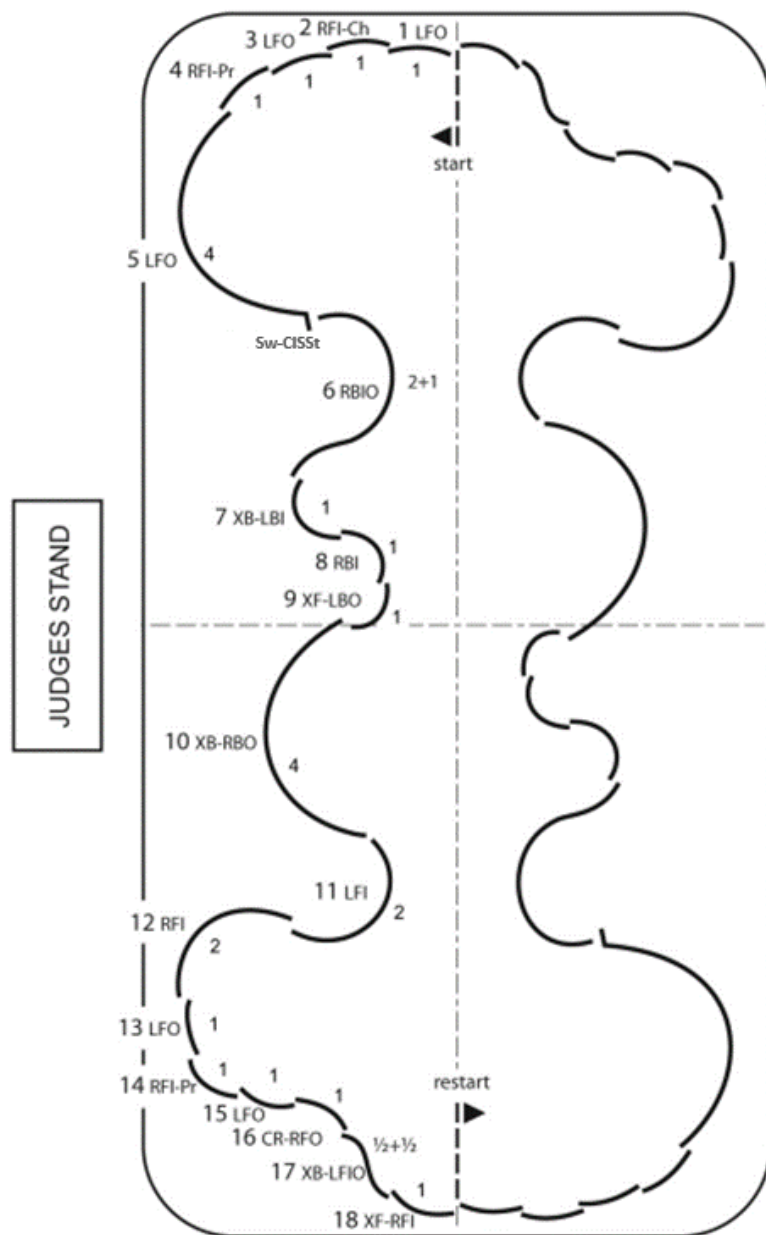
Dance will start with one sequence of follow step immediately into sequence of lead steps
ONLY 2 SEQUENCES FOR THIS DANCE

PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

Quickstep								
Music	Tempo							Pattern
Quickstep 2/4	56 measures of 2 beats per minute 112 beats per minute +/- 2 beats per minute							Set
Duration in seconds per Sequence				Duration in seconds from step #1 to last step				
14.7 – 15.3				58.8 – 61.2				

4 Sequences / 4 GOEs	Section	Steps	# of Steps	10%	25%	50%	75%	90%
QS1, QS2, QS3, QS4	1 Section	1-18	18	2	5	9	14	16



Follow and Lead steps are the same for each sequence

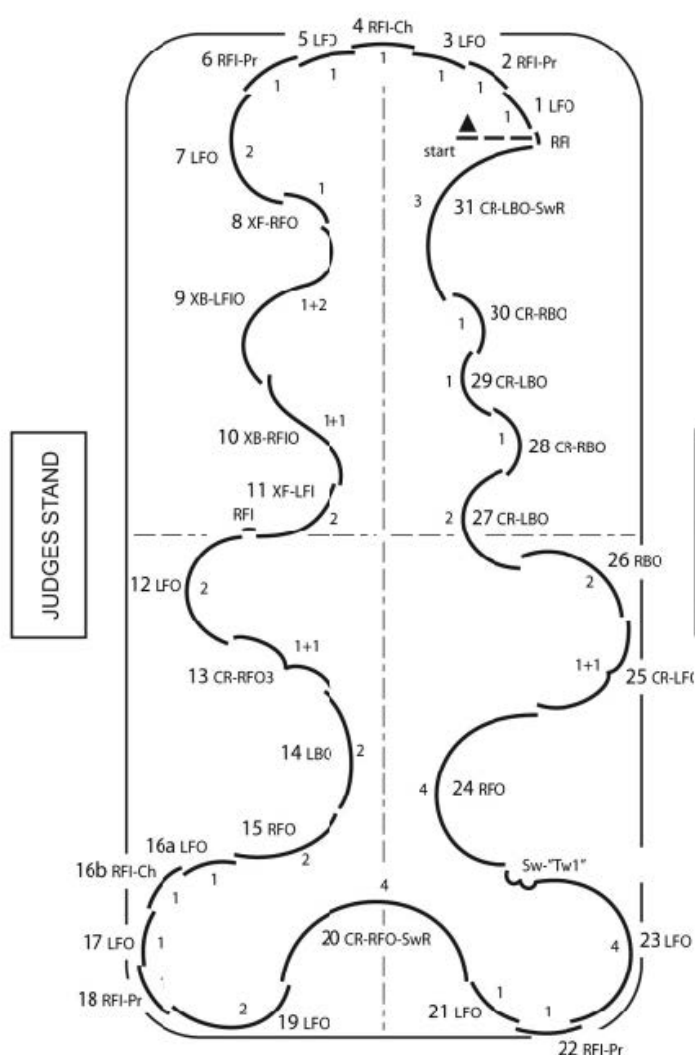
PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

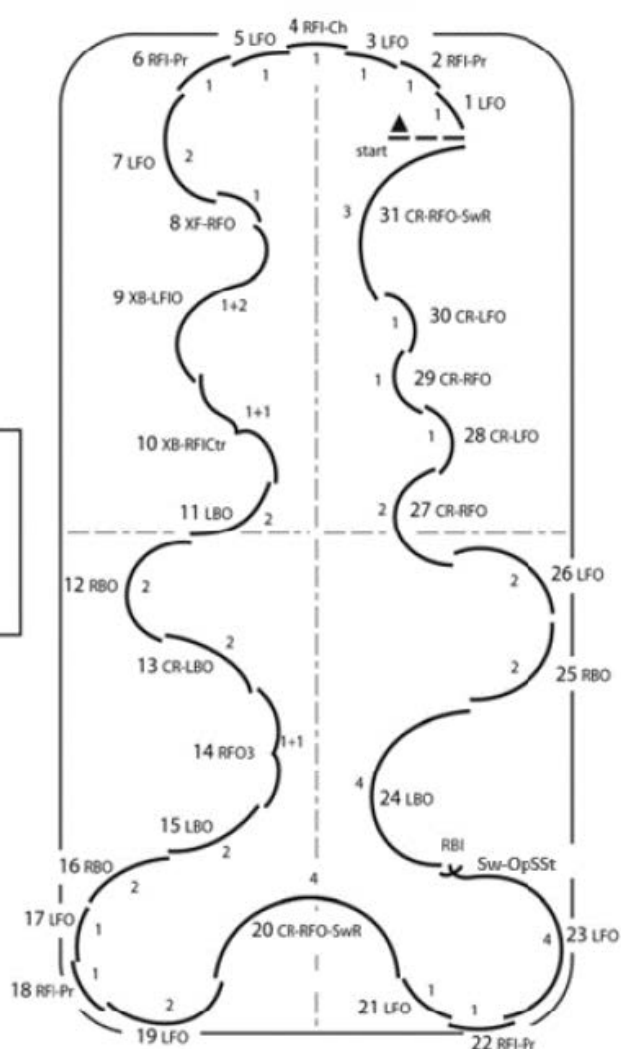
Argentine Tango		
Music	Tempo	Pattern
Tango 4/4	24 measures of 4 beats per minute 96 beats per minute +/- 2 beats per minute	Set
Duration in seconds per Sequence		Duration in seconds from step #1 to last step
34.2 – 35.8		68.4 – 71.6

2 Sequences / 4 GOEs	Section	Steps	# of Steps	10%	25%	50%	75%	90%
AT1Sq1, AT1Sq2	1 st Section	1-18	18	2	4	9	13	16
AT2Sq1, AT2Sq2	2 nd Section	19-31	13	1	3	7	10	12

FOLLOW STEPS



LEAD STEPS



Dance will start with one sequence of follow step immediately into sequence of lead steps