

Solo Dance in Ontario

Streamlining and Growth

Skate Ontario is looking to create a more meaningful competitive experience for athletes in Solo Dance. To achieve this, we are streamlining the Solo Dance categories within the STAR pathway to better align with the structure of the Podium pathway. This will make the system easier to navigate for athletes, coaches, and parents, and give athletes a consistent experience as they move through each level.

By bringing follow and lead together, we'll be creating a bigger, more competitive event. This means athletes will get the chance to compete against more competitors, which makes for a more rewarding experience. Each dance pattern will include both follow and lead steps, and dances where the steps are already the same for both partners will remain unchanged. We are wanting this adjustment to help build momentum and community within the discipline of Solo Dance.

How We're Making This Change

Starting the 2025-2026 season, we'll be **combining the follow and lead categories into one Solo Dance category** at each level. The categories will now be:

- STAR 2–3 Solo Dance***
- STAR 4–5 Solo Dance***
- STAR 6–7 Solo Dance
- STAR 8–9 Solo Dance
- STAR 10–Gold Solo Dance

*** - Category will compete **ONLY** follow steps because lead steps are the same

To keep it simple and consistent, the patterns will start with the follow steps and then move into the lead steps. We will also provide updated step charts for coaches, athletes and officials so that everyone has the tools they need to train and prepare.

A Pathway to Provincials (STAR categories only)

We're also excited to introduce a qualifying pathway for STAR Solo Dance categories to the Skate Ontario Provincial Championships. This also gives Solo Dance athletes the chance to set goals and work toward something bigger within the season.

Open Solo Rhythm Dance (STAR and Adult Categories)

Skate Ontario will not be offering this category for the 2025-2026 season. Skate Ontario will provide educational opportunities to athletes and coaches about Open Solo Rhythm Dance leading into the 2026-2027 season.

Adult Solo Pattern Dance

Adult Solo dance will have no changes to the category to assist athletes competing at ISU events or events outside of Ontario. Dances outlined in the event packages will remain the same as they are currently listed.



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Any questions regarding solo dance in Ontario please contact Chris Mabee, Director of Sport
(cmabee@skateontario.org)



Skate Ontario

2025-2026 STAR Solo Pattern 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.	Dutch Waltz (2 sequences)	
STAR 4/STAR 5	Skater must have passed the STAR 3 dance assessment or higher.	Swing (2 sequences)	Fiesta Tango (3 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**

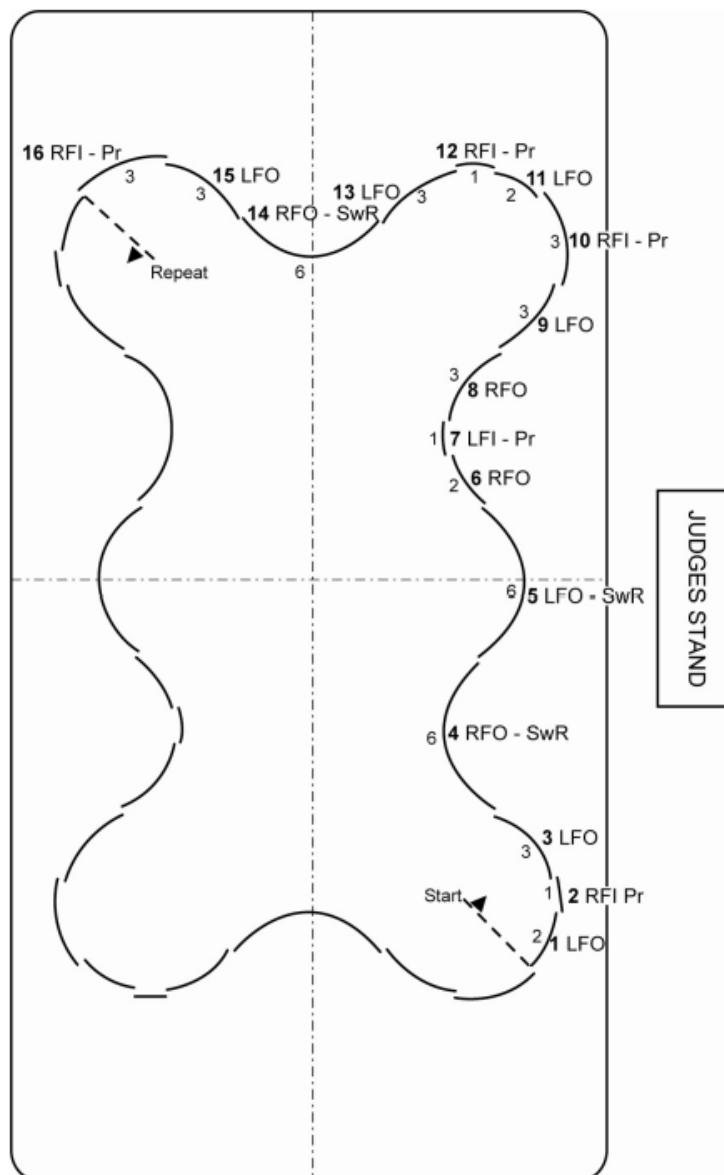
Category	Requirements
STAR 2/3 STAR 4/5 STAR 6/7 STAR 8/9 STAR 10 Gold Diamond	Skate Canada Series 8 music will be used for all pattern dance events. However, skaters have the option to use a selection from the current ISU Ice Dance music (tunes 1 to 5) or from the Skate Canada approved music for pattern dances. If skaters choose 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



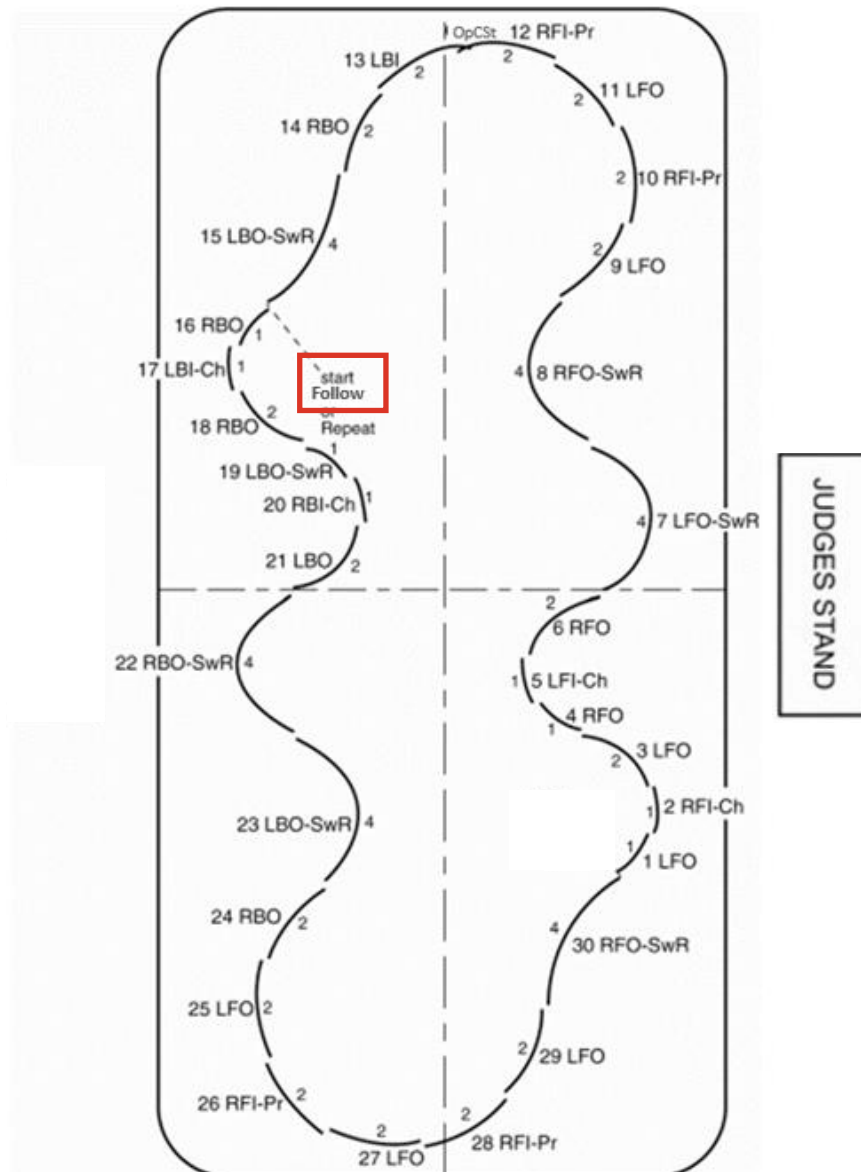
Follow and Lead steps are the same for each sequence

PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

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



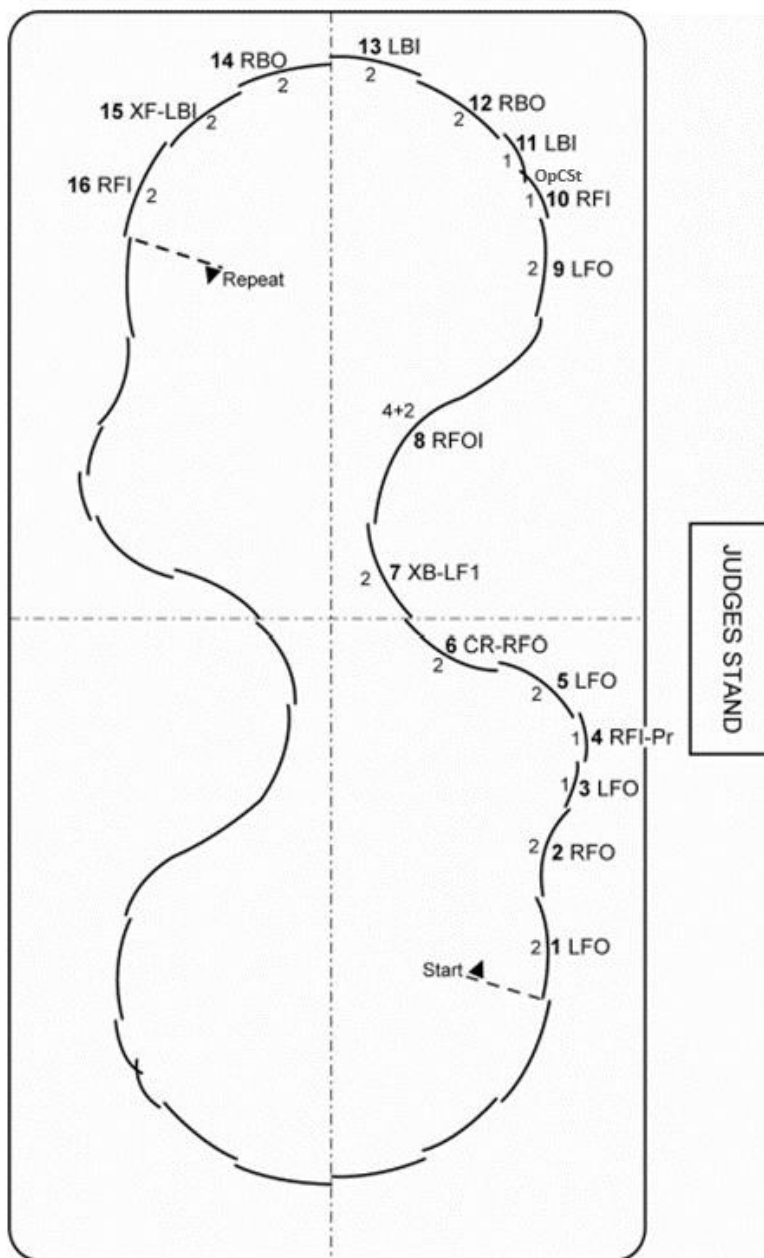
Dance will have 2 sequences. Steps 1-30 completed 2 times (2 full rounds of the rink) starting at **Step 16**

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				

3 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

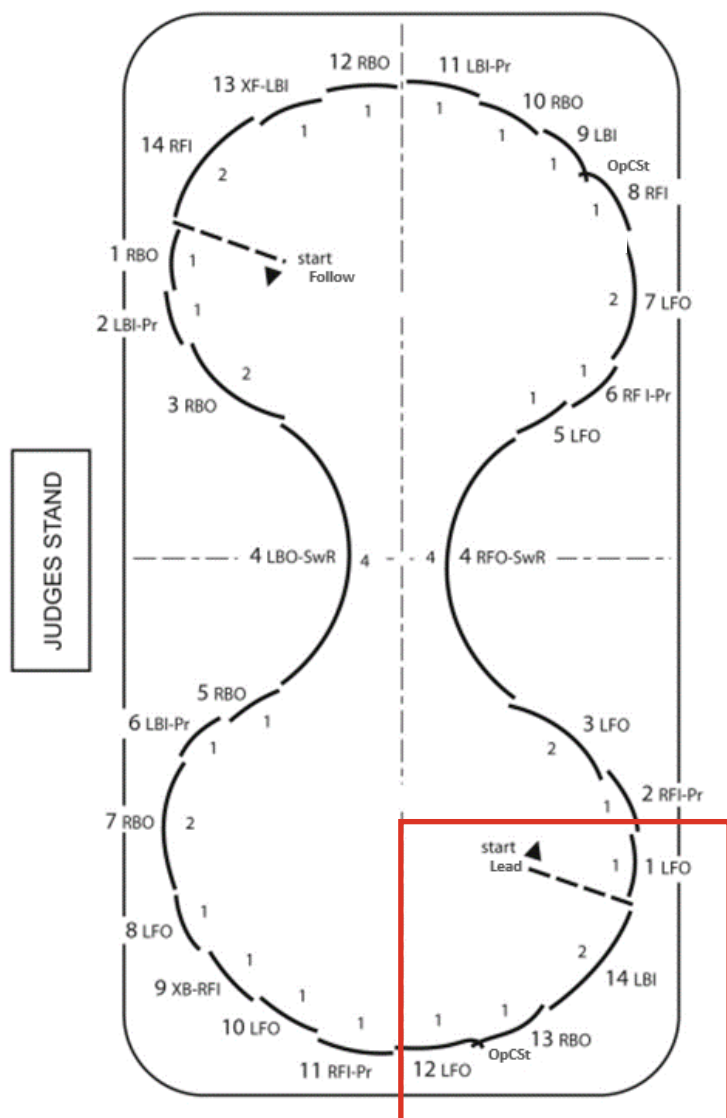


Follow and Lead steps are the same for each sequence

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

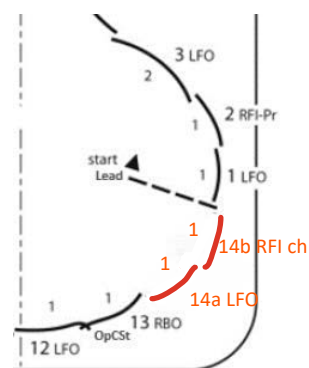


Modification: End of FO2 to transition to FO3

Step 14a: LFO

Step 14b: RFI Ch

Step 14a and Step 14b each get 1 beat

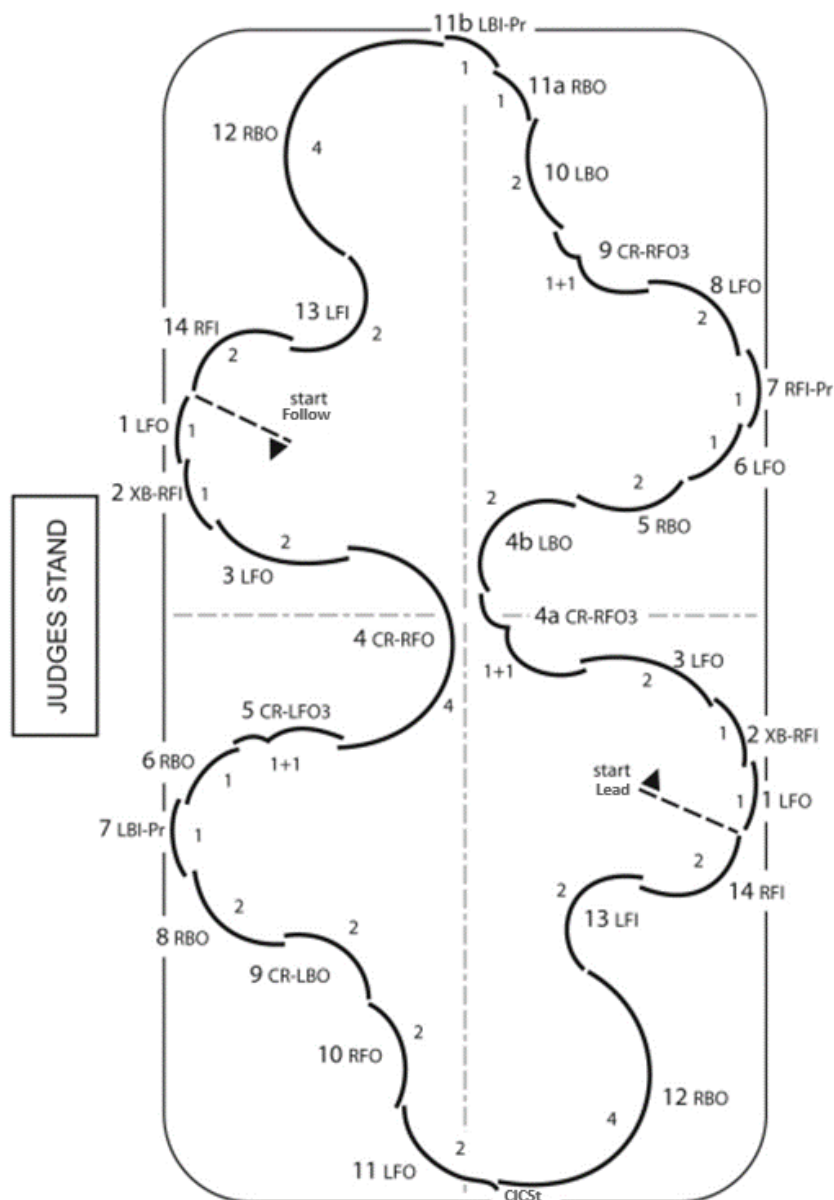


Dance will start with two sequences of follow step immediately into two sequences of lead steps

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

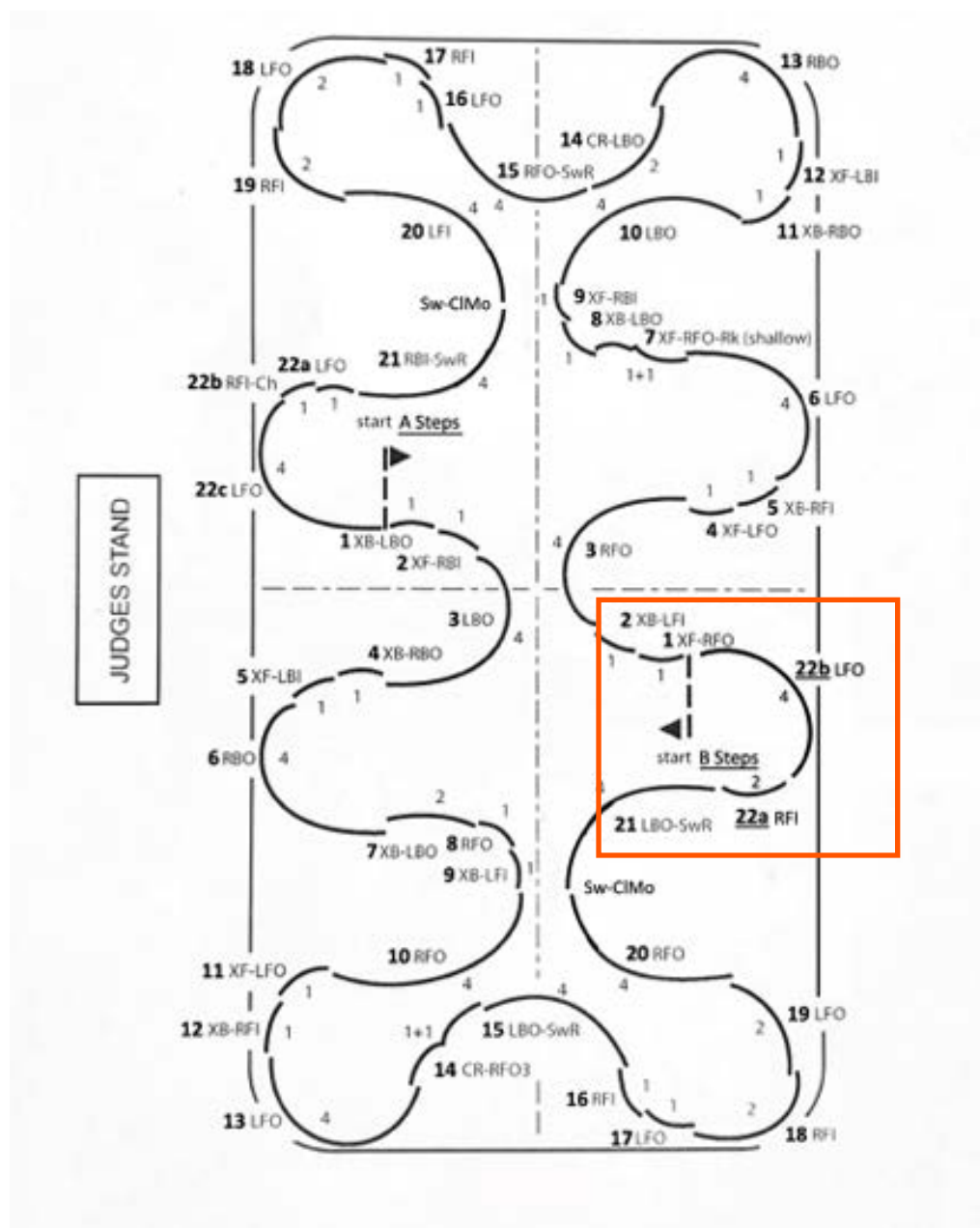


Dance will start with two sequences of follow step immediately into two sequences of lead steps

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

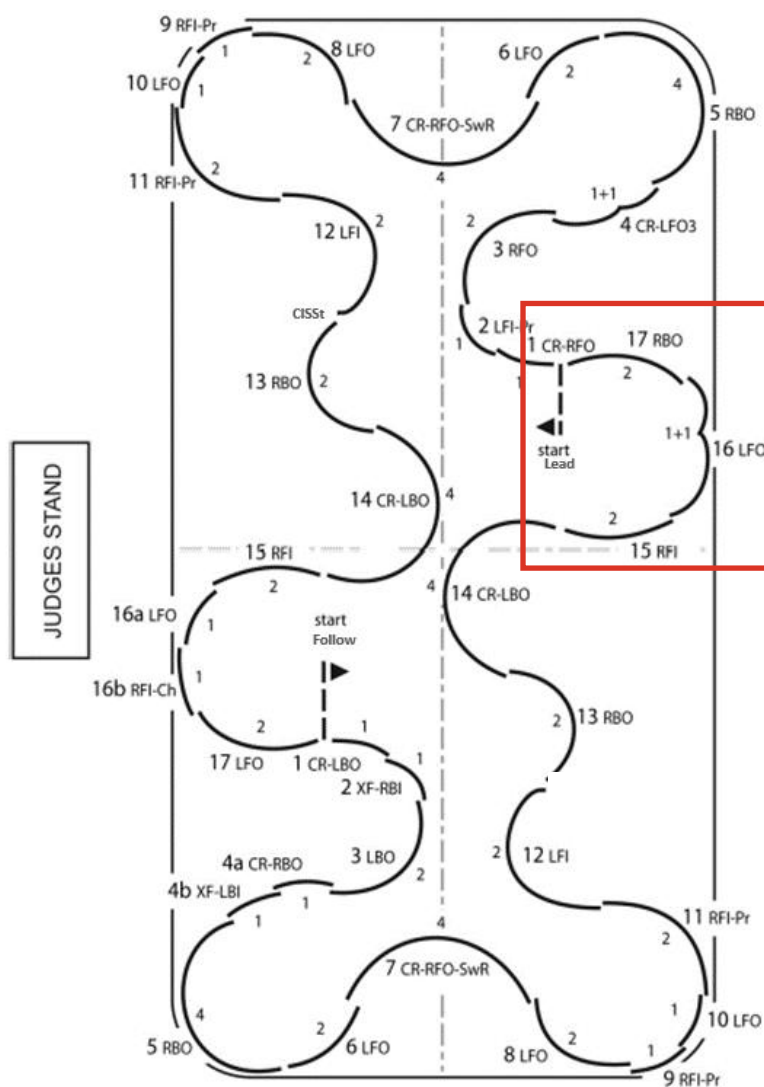


Dance will start with one sequence of follow step immediately into sequence of lead steps

PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

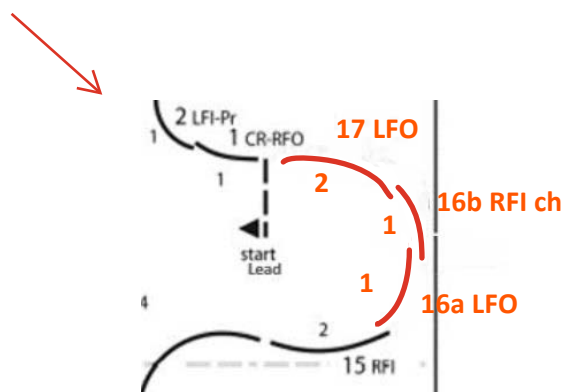
Blues								
Music	Tempo							Pattern
Blues 4/4	22 measures of 4 beats per minute 88 beats per minute +/- 2 beats per minute							Optional
Duration in seconds per Sequence				Duration in seconds from step #1 to last step				
24.0 – 25.2				72.0 – 75.6				
2 Sequences / 2 GOEs	Section	Steps	# of Steps	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.



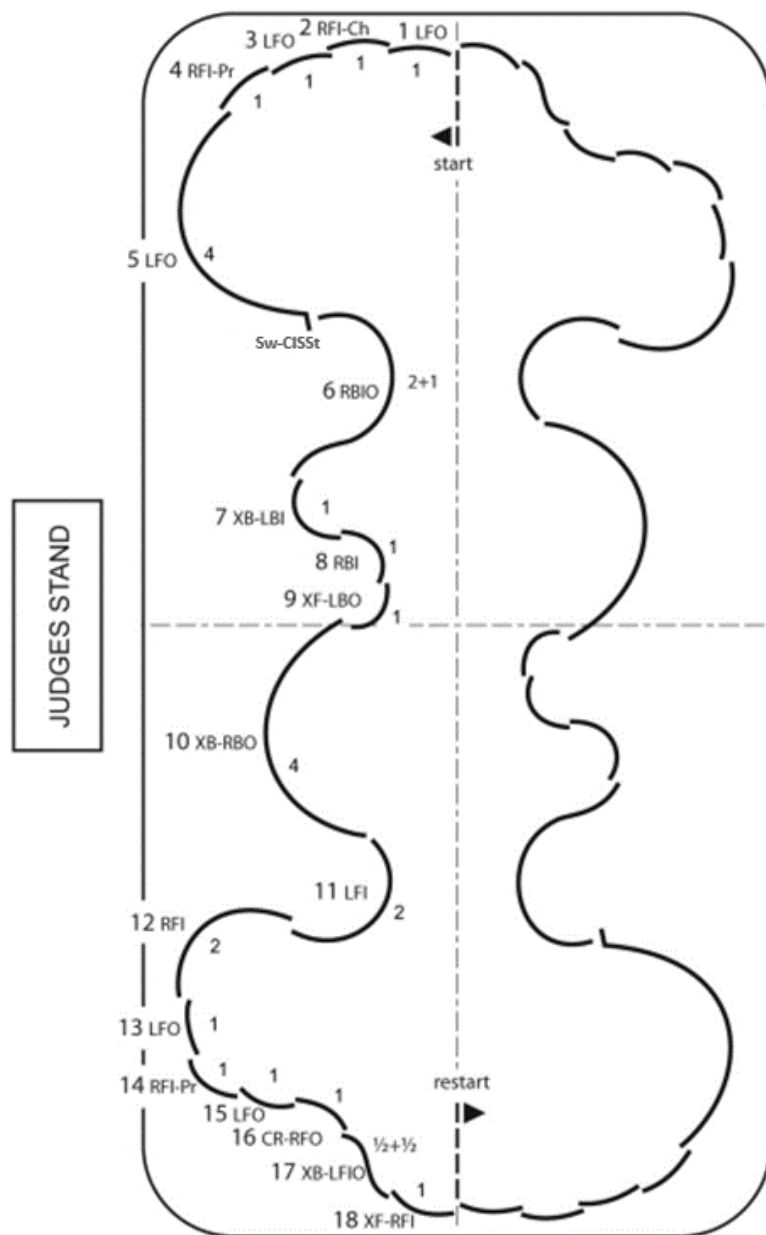
Dance will start with one sequence of follow step immediately into sequence of lead steps
ONLY 2 SEQUENCES FOR THIS DANCE

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

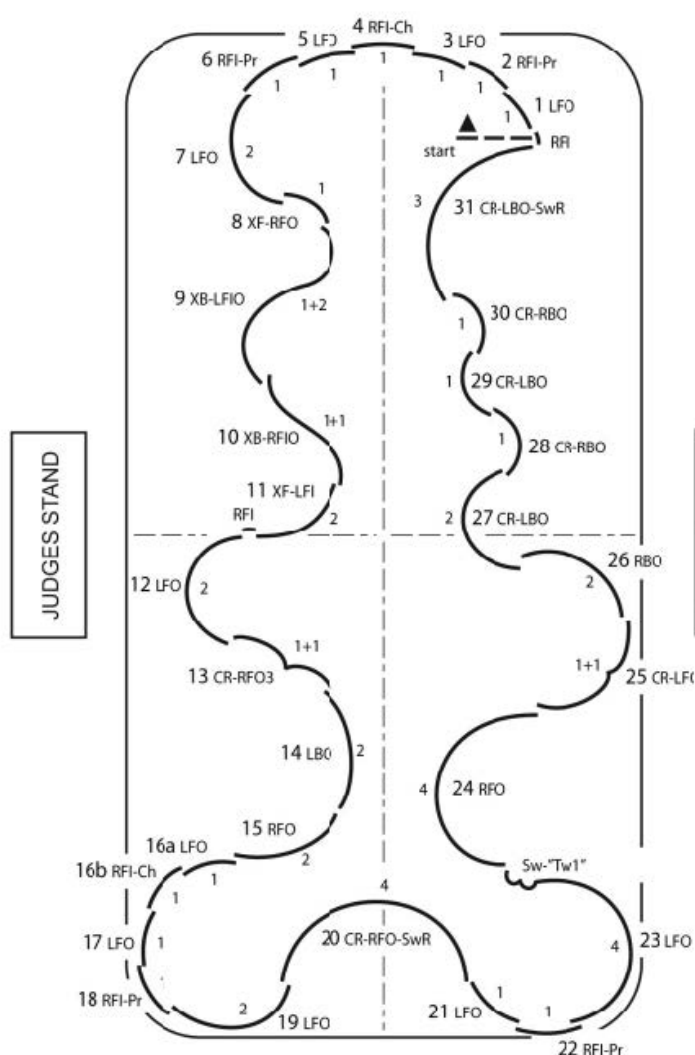
PATTERN DANCES

COMPETITION TECHNICAL REQUIREMENTS

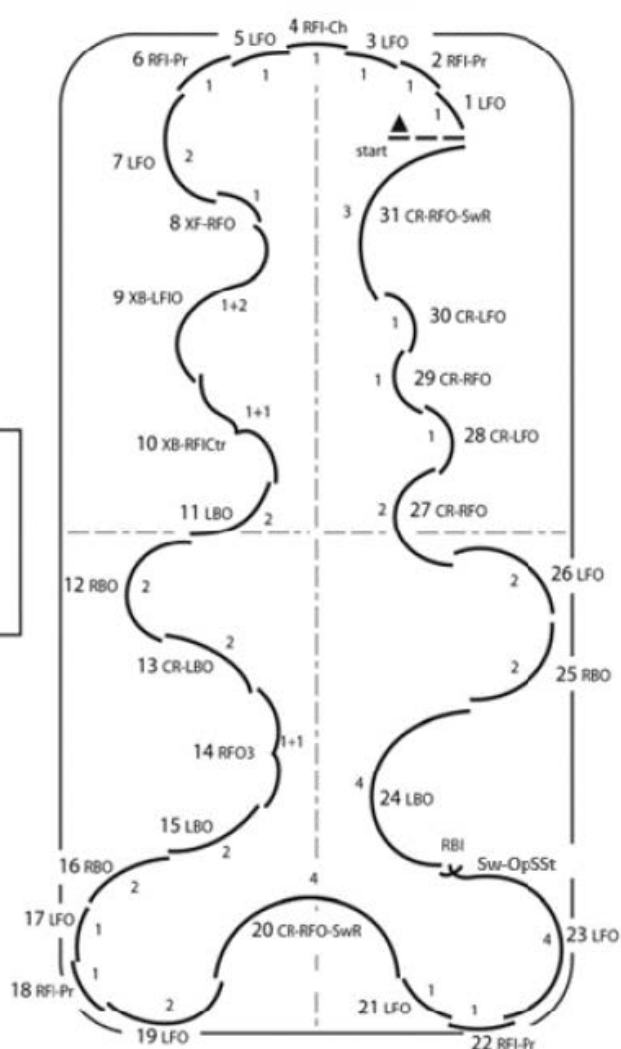
Argentine Tango				
Music	Tempo			Pattern
Tango 4/4	24 measures of 4 beats per minute 96 beats per minute +/- 2 beats per minute			Set
Duration in seconds per Sequence			Duration in seconds from step #1 to last step	
34.2 – 35.8			68.4 – 71.6	

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