

Dance guidelines for the Midwestern and Pacific Coast Sectional High School Final

The dances for each level are as follows:

Preliminary: Dutch Waltz and Rhythm Blues – 3 patterns

Pre-Bronze: Fiesta Tango – 3 Patterns

Swing Dance – 2 patterns skating the Women's steps

Bronze: Ten Fox – 3 patterns skating the Women's steps

Hickory Hoedown – 3 patterns skating the Women's steps

Pre-Silver: Foxtrot – 3 patterns skating the Women's steps

Fourteen Step – 4 patterns skating the Women's steps

Silver: Rocker Foxtrot – 2 sequences. Sequence 1 Women's steps. Sequence 2 Men's steps (Page 16)

American Waltz – 2 sequences skating the Women's steps

Pre Gold: Paso Doble – 3 sequences. Pattern 1 Women's steps. Pattern 2 Man's steps. Pattern 3 Woman's steps. (Page 17)

Starlight Waltz: 2 sequences. Pattern 1 Woman's steps. Pattern 2 Man's steps. (Page 20)

Gold: Westminster Waltz – 2 sequences. Pattern 1 Woman's steps. Pattern 2 Man's steps (Page 21)

Quickstep – 2 patterns

Reference the 2024 Solo Dance Series Handbook Appendix A Pattern Dance Reference Material

This document can be found in the USFS Website under Rules/Resources.