

TIMING CHART FOR SOLO DANCE SKATER'S CHOICE PATTERN DANCE MUSIC
2025 DANCES IN BOLD

| DANCE | NUMBER OF REQUIRED SEQUENCES | NUMBER OF BEATS PER SEQUENCE | BEATS PER MINUTE | NUMBER OF MEASURES PER SEQUENCE | NUMBER OF BEATS PER MEASURE | MINIMUM SEQUENCE TIME | MAXIMUM SEQUENCE TIME | MAXIMUM OVERALL TIME |
|---|------------------------------------|------------------------------------|------------------------|--|-----------------------------------|-----------------------------|-----------------------------|----------------------------|
| AMERICAN WALTZ(AW) American Waltz vari (AW) | 2 | 96 | 198 | 16 | 6 | 00:28.8 | :29.4 | 1:35 |
| ARGENTINE TANGO (AT) | 2 | 56 | 96 | 14 | 4 | 0:34.3 | 0:35.7 | 1:50 |
| ARGENTINE TANGO(RPD1) Variation | 1 | 56 | 96 | 14 | 4 | 0:34.3 | 0:35.7 | 1:50 |
| Austrian Waltz | 2 | 147 | 180 | 24 | 6 | 0:48.2 | 0:49.8 | 2:05 |
| BLUES (BL) | 3 | 36 | 88 | 9 | 4 | 0:24.0 | 0:25.2 | 2:00 |
| TANGO CANASTA (RPD3) | 3 | 28 | 104 | 7 | 4 | 0:15.8 | 0:16.5 | 1:25 |
| CHA-CHA(RPD3) | 3 | 32 | 100 | 8 | 4 | 0:18.8 | 0:19.6 | 1:40 |
| CHA-CHA CONGELADO (CC) SHADOW (CC) | 2 | 64 | 116 | 16 | 4 | 0:32.5 | 0:33.7 | 1:35 |
| DUTCH WALTZ(RPD3) SHADOW(USDW) | 3 | 48 | 138 | 8 | 6 | 0:20.6 | 0:21.2 | 1:30 |
| EUROPEAN WALTZ (EW) SHADOW (EW) | 2 | 54 | 135 | 18 | 3 | 0:23.6 | 0:24.4 | 1:20 |
| TANGO FIESTA (F) SHADOW (TF) | 3 | 32 | 108 | 8 | 4 | 0:17.5 | 0:18.1 | 1:30 |
| FINNSTEP VARIATION(RPD1) | 1 | 104 | 104 | 26 | 4 | 0:38 | 0:38.5 | 1:16 |
| FOURTEENSTEP (FO) | 4 | 20 | 112 | 5 | 4 | 0:10.5 | 0:10.9 | 1:20 |
| FOURTEENSTEP VARI(FO) | 4 | 20 | 112 | 5 | 4 | 0:10.5 | 0:10.9 | 1:30 |
| FOXTROT(RPD3) | 3 | 28 | 100 | 7 | 4 | 0:16.5 | 0:17.1 | 1:30 |
| GOLDEN WALTZ | 2 | 186 | 186 | 31 | 6 | 0:57.4 | 0:58.7 | 2:25 |
| GOLDEN SHADOW(RPD1) | 1 | 186 | 186 | 31 | 6 | 0:57.4 | 0:58.7 | 2:25 |
| HICKORY HOEDOWN (HH) SHADOW (HH) | 3 | 40 | 104 | 10 | 4 | 0:22.6 | 0:23.5 | 1:50 |
| KILIAN(KI) Kilian variation (KI) SHADOW (KI) | 4 | 16 | 116 | 4 | 4 | 0:08.1 | 0:08.4 | 1:25 |

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| MIDNIGHT BLUES | 2 | 72 | 88 | 18 | 4 | 0:48.0 | 0:50.2 | 2:05 |
| PASO DOBLE | 3 | 32 | 112 | 16 | 2 | 0:16.8 | 0:17.5 | 1:25 |
| PASO DOBLE vari (RPD2) | 2 | 32 | 112 | 16 | 2 | 0:16.8 | 0:17.5 | 1:25 |
| PASO DOBLE Jr. RD | 2 | 32 | 112 | 16 | 2 | 0:16.8 | 0:17.5 | N/A |
| QUICKSTEP (RPD3) | 3 | 28 | 112 | 7 | 4 | 0:14.7 | 0:15.3 | 1:20 |
| RAVENSBURGER(RPD2) | 2 | 96 | 198 | 16 | 6 | 0:28.7 | 0:29.5 | 1:40 |
| RHYTHM BLUES(RPD3) | 3 | 32 | 88 | 8 | 4 | 0:21.3 | 0:22.3 | 1:30 |
| ROCKER FOXTROT(RPD3) SHADOW (RPD3) | 3 | 28 | 104 | 7 | 4 | 0:15.8 | 0:16.5 | 1:30 |
| RHUMBA (RPD3) | 3 | 44 | 176 | 11 | 4 | 0:14.8 | 0:15.2 | 1:20 |
| SILVER SAMBA | 2 | 52 | 108 | 13 | 4 | 0:28.4 | 0:29.4 | 1:40 |
| STARLIGHT WALTZ(SW) | 2 | 102 | 174 | 17 | 6 | 0:34.8 | 0:35.6 | 1:45 |
| STARLIGHT VARIATION(RPD1) | 1 | 102 | 174 | 17 | 6 | 0:34.8 | 0:35.6 | 1:45 |
| SWING DANCE (RPD2) | 2 | 64 | 96 | 16 | 4 | 0:39.2 | 0:40.9 | 1:45 |
| TANGO(T) | 2 | 52 | 108 | 13 | 4 | 0:28.4 | 0:29.4 | 1:35 |
| TANGO ROMANTICA(RPD1) VARIATION | 1 | 96 | 112 | 24 | 4 | 0:50.5 | 0:52.4 | 2:20 |
| Tea-Time Foxtrot (TTF) | 2 | 104 | 108 | 26 | 4 | 0:56.7 | 0:58.9 | 2:40 |
| TEN FOX (TFx) | 3 | 32 | 100 | 8 | 4 | 0:18.8 | 0:19.6 | 1:40 |
| TEN FOX variation (RPD2) | 2 | 32 | 100 | 8 | 4 | 0:18.8 | 0:19.6 | 1:40 |
| VIENNESE WALTZ (RPD2) Viennese Waltz variation (RPD2) | 2 | 60 | 156 | 10 | 6 | 0:22.8 | 0:23.4 | 1:25 |
| WILLOW WALTZ(W) | 3 | 54 | 138 | 18 | 3 | 0:23.1 | 0:23.8 | 1:50 |
| WILLOW WALTZ vari (RPD2) | 2 | 54 | 138 | 18 | 3 | 0:23.1 | 0:23.8 | 1:50 |
| WESTMINSTER WALTZ(WW) | 2 | 78 | 162 | 13 | 6 | 0:28.5 | 0:29.3 | 1:35 |