

#### 8.24.26

One change of direction lift – one **SMALL LIFT MUST BE** executed with one change of direction – there must not be more than one half (1/2) revolution in the lift, only a change of direction, (either change of edge and/or forwards to backwards, or backwards to forwards), with the lady's waist no higher than the man's shoulder. **During the execution of this element it is not allowed for the lady to assume an upside down position with the legs in a split or semi-split position in front of the man's face.**

**THIS ELEMENT MUST BE INCLUDED.**

#### 8.24.27

One diagonal step sequence together in any dance hold.

**THIS ELEMENT MUST BE INCLUDED.**

#### 8.24.28

One dance spin (one position only) in any dance hold/position, with minimum 2 (two) and maximum 5 (five) revolutions.

**THIS ELEMENT MUST BE INCLUDED.**