

# Prince MIKASA Cup Ice Dance Competition 2025

## Ice Dance Program Content Sheet

Class:	
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Name (                    /                    )                    Club name (                    /                    )

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No.	Rhythm Dance		Free Dance	
	Time	Name of elements	Time	Name of elements
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				