



POWER STEP
NAFTA INSTRUCTOR
CERTIFICATION



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MODULE 1
INTRODUCTIONS



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INTRODUCTION TO NAFTA

- Established 1996
- Group Exercise and Personal Trainer
- 2000s Expanded Trainings
- 2016-GEI working towards NCCA Accreditation



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RECERTIFICATION REQUIREMENTS

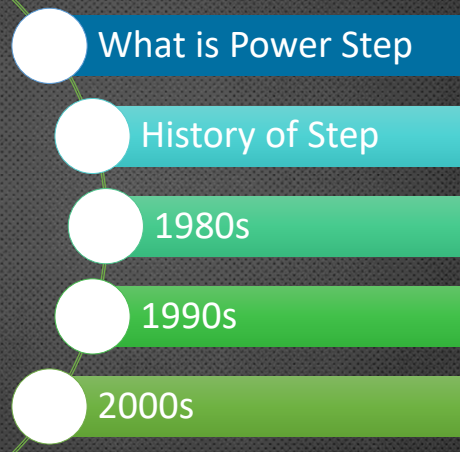
- **Certification Requirements**
 - 2 Years
 - 15 CEUS
 - 1 Homestudy
 - CPR/AED



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INTRODUCTION TO POWER STEP



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WHAT IS POWER STEP



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HISTORY

- Gin Miller

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BENEFITS

- Physical Benefits
- Mental Benefits

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MODULE 2

THE SCIENCE



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STEP RESEARCH

- 1993
- 1997



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STEP FACTS

- 58% of facilities offer step classes (IDEA, 2011)
- Step promotes cardiorespiratory fitness, muscle endurance, balance, and coordination
- Aerobic stimulus is more predictable due to the set step heights



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MODULE 3

THE EQUIPMENT



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THE EQUIPMENT

- Steps
- Risers



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MODULE 4

THE GUIDELINES,
TECHNIQUE &
PATTERNS



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STEP HEIGHT GUIDELINES

- Established by Reebok 1997

Step Height Guidelines (Established by Step Reebok/1997)

Fitness Level	Description of Fitness Level	Step Height
Step 1/Novice	Someone who hasn't taken part in a regular exercise class for some time.	4 Inches
Step 2/Beginner	A regular exerciser who has never done step training.	Up to 6 Inches
Step 3/Intermediate	A regular step trainer.	Up to 8 Inches
Step 4/Advanced	A regular and skilled trainer.	Up to 10 Inches

STEP GUIDELINES REVISED 1997

Participant Level	Platform Height	Music Speed
Step 1: Novice Someone who hasn't taken part in a regular exercise class for some time.	4 Inches	108-122 bpm
Step 2: Beginner A regular exerciser who has never done step.	Up to 6 Inches	124 bpm
Step 3: Intermediate A regular step trainer.	Up to 8 Inches	126 bpm
Step 4: Advanced A regular and skilled step trainer.	Up to 10 Inches	128 bpm

GUIDELINES

- Step up and Down
- Correct posture
- Head Up
- Shoulders Back



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TECHNIQUE AND SAFETY

- Check to see that all benches are set up properly
- Avoid hyper extending the knees
- Step in the center of the platform
- Make sure the heel does not hang off the back of the step
- Encourage participants to chose a step height that is appropriate for their fitness level
- Change the lead leg frequently



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STEPPING TECHNIQUE

- Body Alignment
 - Shoulders back, down, and relaxed
 - Body erect with chest lifted
 - Abdominals are engaged to protect the lower back
 - Neutral spine
 - Buttocks gently tucked under the hips
 - A slight leaning forward of the entire body
 - Knees are soft and not locked



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STEPPING UP



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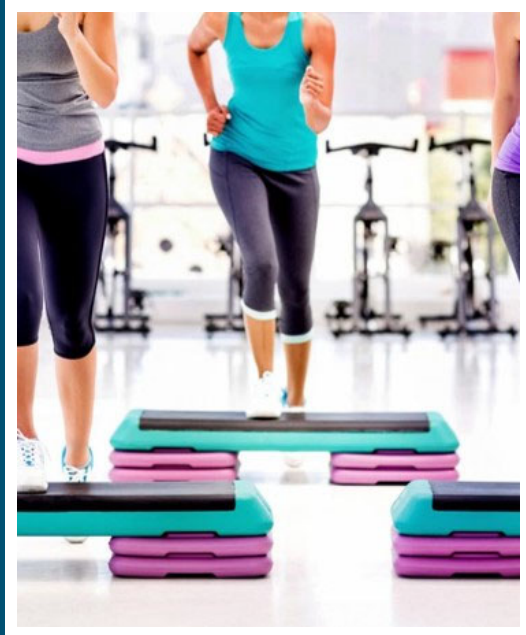
STEPPING UP AND DOWN ON THE PLATFORM



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CORRECT POSTURE



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HEAD & SHOULDERS



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LEAD FOOT



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PROPULSION STEPS



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REPEATERS



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BASIC MOVES

- Basic step
- V-step
- Tap up, Tap down
- Lift step
- Turn step
- Over the top
- Repeater
- Lunge
- Straddle up/down
- Corner to Corner
- L-Step
- Charleston

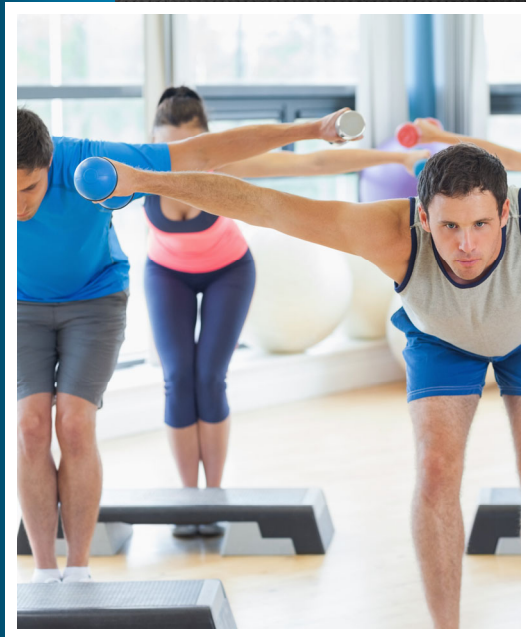
(Almost all step moves are 4-count moves!)



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ARMS



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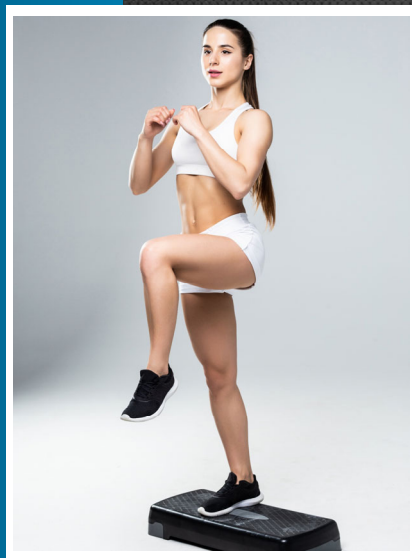
WEIGHTS



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TECHNIQUE AND SAFETY REVIEW



- Maintain a neutral spine and neck, with the head up
- Keep all joints facing the same direction
- Keep shoulder down, even, and relaxed
- Use a full body lean when stepping up
- Keep the angle of knee flexion $>90^\circ$
- Avoid stepping forward off the step
- Step lightly without pounding
- Keep the speed/tempo 128 bpm or less
- Stepping with weights?



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REMEMBER THE ELEMENTS OF VARIATION!

- Lever
- Plane
- Direction
- Rhythm
- Style
- Intensity

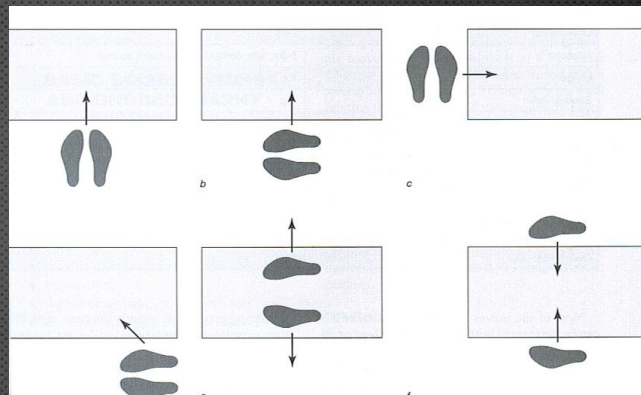


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STEP LOCATIONS

- Front
- Side
- End
- Corner
- Top
- Astride



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STEP TERMINOLOGY

Directional Approach	Diagram	Single Lead	Alternating Lead
Front		Basic Step Lift Steps V-Steps Tap Up/Tap Down Repeaters Basic Step	Lift Steps V-Steps Tap Down Tap Up Repeaters
Side		Tap Up/Tap Down Lift Steps Repeaters	Over the Top Turn Step Repeaters
Top		Straddle Down Lift Steps Tap Down/Tap Up Basic Step	Straddle Down Lift Steps Tap Up Tap Down Lunges
Astride		Straddle Up	Straddle Up Repeaters Lift Steps
End		Tap Up/Tap Down Lift Steps Repeaters Basic Step	Tap Down Tap Up Lift Steps Repeaters Across the Top
Corner		Basic Lift Steps Tap Up/Tap Down Repeaters	Corner to Corner Lift Steps Tap Down Repeaters

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



STEP TERMS

Step Term & Student Approach	Execution & Cue
Basic Step Front Approach (Single Lead) 	Right Foot Up on Step in Center Left Foot Up on Step in Center Right Foot Down on Floor Left Foot Down on Floor
End Facing Step (Single Lead) 	"Up, Up, Down, Down"
Up Tap Front Approach (Self-Reversing) 	Right Foot Up on Step in Center Left Foot Taps the Step Left Foot Down on the Floor Right Foot Down on the Floor Repeat on Left Side "Up Tap Down Tap"
Side Approach End (Single Lead) 	Right Foot Up on Step in Center Left Foot Taps the Step Left Foot Down on the Floor Right Foot Taps the Floor Repeat "Up Tap, Down Tap"
Knee Lift Front Approach Corner to Corner Astroide (Self-Reversing) 	Right Foot Up on Step in Center Left Knee Lift Left Foot Down on the Floor Right Foot Down on the Floor Repeat on Left Side "Step, Knee, Down, Down"
Side Approach End (Single Lead) 	Right Foot Up on Step in Center Left Knee Lift Left Foot Down on the Floor Right Foot Taps the Floor Repeat "Step, Knee, Down, Tap"
Leg Lift (Extension/Abduction) Front Approach Corner to Corner Astroide (Self-Reversing) 	Right Foot Up on Step in Center Left Leg Extension Lift Left Foot Down on the Floor Right Foot Down on the Floor Repeat on Left Side "Step, Extend, Down, Down"
Side Approach End (Single Lead) 	Right Foot Up on Step in Center Left Leg Abduction Lift Left Foot Down on the Floor Right Foot Taps the Floor Repeat "Step, Abduct, Down, Tap"

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STEP TERMS








Step Term & Student Approach	Execution & Cue
Hamstring Curl Front Approach Corner to Corner Astride (Self-Reversing) Side Approach End (Single Lead)	 Right Foot Up on Step in Center Left Ham Curl Left Foot Down on the Floor Right Foot Down on the Floor Repeat on Left Side "Step, Curl, Down, Down" Right Foot Up on Step in Center Left Ham Curl Left Foot Down on the Floor Right Foot Taps the Floor Repeat "Step, Curl, Down, Tap"
Leg Extension Front Approach Corner to Corner Astride (Self-Reversing) Side Approach End (Single Lead)	 Right Foot Up on Step in Center Left Leg Extension Left Foot Down on the Floor Right Foot Down on the Floor Repeat on Left Side "Step, Extend, Down, Down" Right Foot Up on Step in Center Left Leg Extension Left Foot Down on the Floor Right Foot Taps the Floor Repeat "Step, Extend, Down, Tap"
Hip Abduction Corner to Corner Astride (Self-Reversing) Side Approach End (Single Lead)	 Right Foot Up on Step to the Corner Left Hip Abduction Left Foot Down on the Floor Right Foot Down on the Floor Repeat on Left Side to the other Corner "Step, Abduct, Down, Down, other Corner" Right Foot Up on Step in Center Left Hip Abduction Left Foot Down on the Floor Right Foot Taps the Floor Repeat "Step, Abduct, Down, Tap"
V-Step Front Approach (Single Lead)	 Right Foot Up on Step Wide Left Foot Up on Step Wide to the other side Right Foot Down on Floor in Center Left Foot Down on Floor in Center "Up, Up, Down, Down...making a V shape"

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STEP TERMS












Step Term & Student Approach	Execution & Cue
L-Step Corner Facing Forward (Single Lead)	 Right Foot Up on Step on the end Left Foot Taps up on Step Left Foot Down on the Floor to the end of the step Right Foot Taps Down on the Floor Right Foot Up on Step on the end Left Foot Taps Up on Step Left Foot Down on the Floor Behind Step Right Foot Taps Down on the Floor Behind Step "Up Tap, Side Tap, Up Tap, Down Tap...you are making the letter L"
T-Step End (Single Lead) If you add a tap down when you finish the T-Step, it becomes self-reversing.	 Right Foot Up on the Step Left Foot Up on the Step Right Foot Aside the Step Left Foot Aside the Step Right Foot Up on the Step Left Foot Up on the Step Right Foot Down on the Floor Left Foot Down on the Floor "Up Up, Saddle Straddle, Up Up, Off the Back"
A-Step Front (Single Lead) End (Self-Reversing)	 Right Foot Up on the Step in the Center Left Foot Up on the Step in the Center Right Foot Down off the Step to the Opposite Corner Left Foot Tap Down on the Floor Left Foot Up on the Step in the Center Right Foot Up on the Step in the Center Left Foot Down on the Floor to the Opposite Corner Right Foot Tap Down on the Floor "Step Up in the Center, Exit Off to the Corner...Making an A Step"
Up and Lunge Back Front (Single Lead) End (Self-Reversing)	 Right Foot Up on the Step in the Center Left Foot Up on the Step in the Center Right Foot Taps Back off the Step on the Floor Right Foot Up on the Step in the Center Left Foot Taps Back off the Step on the Floor Left Foot Up on the Step in the Center Right Foot Down on the Floor Left Foot Down on the Floor "Up, Up, Lunge Back Right, Lunge Back Left, Down, Down"
Lunge Top (Alternating)	 Right Leg Lunges Off the Right Side Foot Taps Down Right Foot On Top of the Step Left Leg Lunges Off the Left Side Foot Taps Down Left Foot On Top of the Step "Right Lunge, Left Lunge" "Lunge Side to Side"

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STEP TERMS








Step Term & Student Approach	Execution & Cue
Tap Down Top (Single Lead or Self-Reversing)  Front Top  End (Single Lead) 	Tap Right Foot Down on the Floor Right Foot on Top of the Step Tap Left Foot Down on the Floor Left Foot on Top of the Step "Tap Down Side to Side" *Front Approach: tap down behind. **End Approach: tap down to the side.
Straddle Down Top (Single Lead)  *To Self-Reverse, add a tap, knee lift, or leg lift on top.	Right Foot Down on the Floor Left Foot Down Outside on the Floor Right Foot Up on the Step Left Foot Up on the Step "Straddle Down, Down, Up, Up" "Straddle Down, Straddle Up"
Straddle Up As Stride (Single Lead)  *To Self-Reverse, add a tap, knee lift, or leg lift at the top.	Right Foot Up on the Step in Center Left Foot Up on the Step in Center Right Foot Down on the Floor Left Foot Down on the Floor "Up, Up, Straddle Down, Down" "Straddle Up, Straddle Down"
Stomp Step Side End (Single Lead)  	Right Foot Stomps the Step Left Foot Stomps on the Floor Right Foot Stomps the Step Left Foot Stomps on the Floor "In a marching fashion, pick up your feet and stomp right, left, right, left" "Right Foot Step, Left Foot Floor"
Repeater Front (Self-Reversing)  Corner (Self-Reversing) 	Right Foot on Step Left Knee Lift Left Foot Tap Back on the Floor Left Knee Lift Left Foot Tap Back on the Floor Left Knee Lift Left Foot Down on the Floor Right Foot Down on the Floor Repeat on Left Side "Up, 3 Repeater Knee, Down, Other Knee" *To Single Lead add a tap down on the floor. **You can travel corner to corner.

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STEP TERMS








Step Term & Student Approach	Execution & Cue
Travel (Corner to Corner) Corner (Self-Reversing)  *Any pattern that takes one in different directions on the step is considered traveling. **Instead of tapping to the corners, one may perform lifts.	Right Foot on the Step to the left Corner Left Foot Tap on the Step to the Corner Left Foot Down on the Floor Right Foot Down on the Floor in Center as the body turns to the right Corner. Left Foot on the Step to the right Corner Right Foot Tap on the Step to the Corner Right Foot Down on the Floor Left Foot Down on the Floor in Center as the body turns to the left Corner. "Up Tap to the Corner, Down, Switch Sides"
Turn Step Corner (Self-Reversing) 	Right Foot Up on Step at the Right Corner Left Foot Up WIDE on the Step to the Left Corner. Turn the Body Right Foot Down on the Floor Left Foot Down and Tap Repeat with Left Lead "Up, Turn, Down, Tap"
Shuffle Corner (Self-Reversing)  *Similar to Turn Step, but with a shuffle step.	Right Foot Taps the Step Left Foot Taps the Floor Right Foot Taps the Step The above is a quick "1,2,3" shuffle step. Left Foot on the floor As the Body Turns the Right Foot Swings around lands on the floor behind. Change to Left Lead "1,2,3 Turn Around... 1,2,3 Turn Around" "Shuffle from end to end"
Over the Top Side (Self-Reversing) 	Right Foot Up on the Step Left Foot Up on the Step Right Foot Down on the Floor Left Foot Down on the Floor Left Foot Up on the Step Right Foot Up on the Step Left Foot Down on the Floor Right Foot Down on the Floor "Step Up and Over, Step Down Together"
Across the Top (End to End) End (Self-Reversing) 	Right Foot Up on the Step in the Center Left Foot Up on the Step in the Center Right Foot Down on the Floor Left Foot Down on the Floor Left Foot Up on the Step in the Center Right Foot Up on the Step in the Center Left Foot Down on the Floor Right Foot Down on the Floor "Step Up and Over, Step Down Together"

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STEP TERMS







Step Term & Student Approach	Execution & Cue
Around the World Corner (Single Lead) 	Right Foot Turn Step Left Foot Over the Top Right Foot Turn Step Left Foot Over the Top "Turn Step, Over, Turn Step, Over"
Mambo Front (Single Lead) 	Right foot on the step. Left foot lifts slightly off the floor. Right foot swings back and rocks on the floor. Left foot lifts slightly off the floor. Right foot swings forward to repeat. "Transfer your weight from one foot to the other."
Pivot Turn Front (Single Lead) 	Right foot on the step. Turn the body to the back of the room pivoting on the right foot. Right foot swings forward onto the floor. Turn the body to the front of the room pivoting on the right foot. The left foot remains in the same place pivoting. "Step up and Pivot Turn, Step on the Floor and Pivot Turn"
1/4 Hop Turn Corner Front (Transition Move) 	Right foot on the step. Hop up in the air untucking the right leg. The left foot comes off the floor. While in the air, turn the body facing the end of the step. Land the right foot onto the step. Step the left down to the floor. Step the right foot down to the floor. "Hop up, turn a quarter and down"
1/2 Hop Turn Front (Transition Move) 	Right foot on the step. Hop up in the air untucking the right leg. The left foot comes off the floor. While in the air, turn the body facing the back of the room. Land the right foot onto the step. Step the left down to the floor. Step the right foot down to the floor. "Hop up, turn face the back and down"

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STEP TERMS








Step Term & Student Approach	Execution & Cue
Reverse Turn Step Corner (Self-Reversing) 	Left foot up on the step. Turn the body to face the back of the room as the right foot goes up. While towards the opposite end of the step. Turn the body towards the front of the room bring the left foot down on the floor. Right foot comes down on the floor and taps. Repeat to the other side. "Up, Turn to the Back, Turn to the Front, and Down"
Swinging Door Front (Self-Reversing) 	Right foot up on step Left foot up on step Turn the body towards the center of the step Right foot off the front of the step Left foot off the front of the step Right foot up on step Left foot up on step Turn the body towards the center of the step Right foot off the back of the step Left foot off the back of the step "Up, up, face the back, down, down: Up, up, face the front, down, down" "Up, up, face the back, down, down: Up, up, face the front, down, down"
Pendulum on Top of Step End (Self-Reversing) 	Right foot on step Left foot hops up as the right leg swings to the side Swing left leg, right leg, left leg, right leg Step right foot off opposing side. Left foot taps down. Reverse going back to the other side. "Step Hop, Swing, Swing, Swing, Swing, Step Down"
Walk the Plank Corner (Self-Reversing) 	Right foot on step in the center Left knee lift Left foot down on step Right knee lift Right foot down on floor at the opposing end. Left foot taps down floor (5 counts) Walk around the end on the floor to complete the full 8 counts. Repeat on other lead leg. "Walk diagonally over your step to the other corner"

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STEP TERMS

Step Term & Student Approach	Execution & Cue
March on Top of Step Front (Single Lead) 	TOTAL COUNT of 8 Right Foot on Top of Step Left Foot on Top of Step Right Foot March Left Foot March Right Foot Down on Floor Left Foot Down on Floor Right Foot March Left Foot March "Up, 2, 3, 4, Down, 2,3,4"
Heel Dips on Step Front (Alternating) 	Right Heel on Step Right Foot on Floor Left Heel on Step Left Foot on Floor "Heel, Down, Heel, Down"
Basic Jog Front (Single Lead) End Facing Step (Single Lead) 	Right Foot Jogs Up on Step in Center Left Foot Jogs Up on Step in Center Right Foot Steps Down on Floor Left Foot Steps Down on Floor "Jog Up, Up, Step Down, Down"
Double Squat Top (Alternating)  <p>To perform single lead, keep left foot on top of the step as you squat to the right and top up.</p>	Right Foot Steps off to the Right Squat 2 Times Spring Up Left Foot Steps off to the Left Squat 2 Times Spring Up and Keep Switching Sides "Squat to the Side 2 Times, Switch Sides"
Double Top Squat Corner (Self-Reversing) 	Right Foot Up on Step at the Right Corner Left Foot Steps Up WIDE on the Step to the Left Corner Squat 2 Times Left Right Knee Up Exit Right foot down on the Floor Left Foot Down and Tap Repeat with Left Lead "Step, Swing, 2 Squats on Top, Knee, Feet"



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MODULE 5

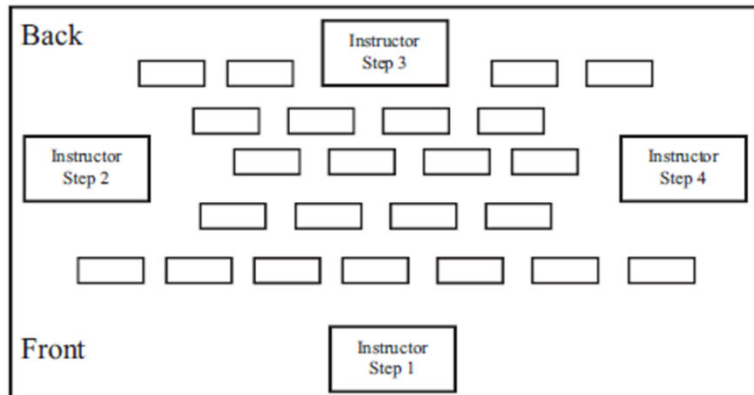
ROOM SET UP



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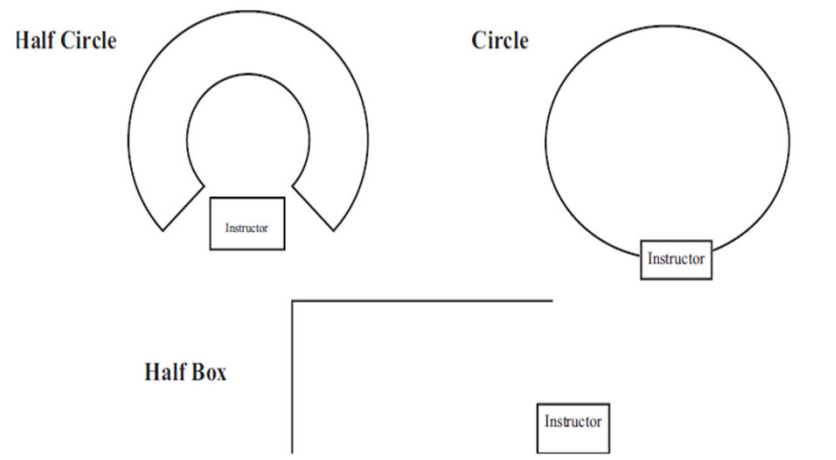
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ROOM SET UP: BEGINNER



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ROOM SET UP: INTERMEDIATE/ADVANCED



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MODULE 6

MUSIC & CUEING



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MUSIC




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MUSIC

- Creates a mood
- Assists Students in visualizing or feeling the energy necessary to execute proper stepping technique and intensity
- Motivation for students
- Effective way of setting a pace for stepping
- Considerations when selecting appropriate music style
- Components of Music
- Music Laws
- Licensing
- Resources



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TEMPOS

- Beginner
- Intermediate
- Advanced



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CUEING FOR STEP

- Move:
 - 4 basic steps R; the next move will be 4 basic steps L
- Cue: "4, 3, 2, tap, switch left"
- Counts: 1,2,3,4 1,2,3,4 1,2,3,4 1,2,3,4 (=16)
- Repeat with L lead
- Add on: "4, 3, 2, V-step R"
- Repeat with L lead
- 64 counts total!

SAMPLE 32 CT. STEP PATTERN

LEAD LEG	MOVEMENT	COUNTS
A: lead R (R foot on bench)	3 basic steps, 1 4-ct squat facing S	1-16
Lead L S (L foot on bench)	3 basic steps, 1 4-ct squat facing other	17-32
B: lead R One 3-knee repeater	2 alternating knee lifts to the corners,	1-16
Lead L One 3-knee repeater	2 alternating knee lifts to the corners,	17-32

SAMPLE 32 CT. #2 PATTERN

LEAD LEG	MOVEMENT	COUNTS
(facing L side)		
lead R	2 over the top	1-8
	2 tap up, tap downs	9-16
	2 over the top	17-24
	2 alternating V-steps (face front)	25-32
lead L	Repeat all	



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STEP TECHNIQUE

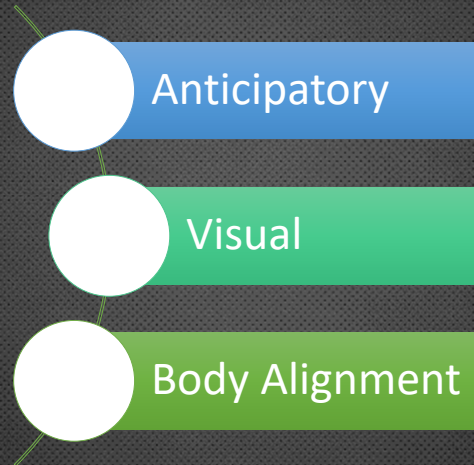
- Repetition Reduction
(e.g. 4 alternating V-steps, 4 knee lifts (32 cts);
then 2 alternating V-steps, 2 knee lifts (16 cts);
then 1 V-step and 1 knee lift (8 cts))
- Intervals/Circuits (Step/Strength)
- Double-step
- Websites for moves:
 - turnstep.com
 - stepcenter.com
 - dailymotion.com
 - fitmoves.com



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CUEING TOOLS



- Anticipatory
- Visual
- Body Alignment


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MODULE 7

CHOREOGRAPHY



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CHOREOGRAPHY

- General Guidelines
- Learning Types
- Smooth Transitioning

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CHOREOGRAPHY BUILDING TECHNIQUES

Stage 1

Stage 2

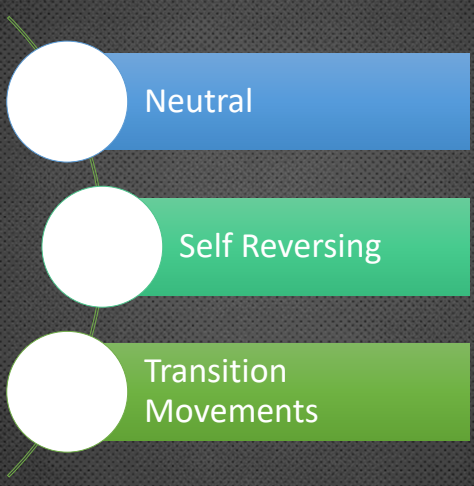
Stage 3

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PATTERN TYPES




- Neutral
- Self Reversing
- Transition Movements

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MIRROR VS. ACTUAL TEACHING



NAFTA NATIONAL AEROBICS & FITNESS TRAINERS ASSOCIATION

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CHOREOGRAPHY BLOCKS

Pattern #1a 4 or 8 Counts Basic Step Right Lead Tap Basic Step Left Lead Tap (8 Counts)	Pattern #2a 4 or 8 Counts V-Step Right Lead Tap V-Step Left Lead Tap (8 Counts)	Pattern #3a 4 or 8 Counts Turn Step Right Lead Tap Turn Step Left Lead Tap (8 Counts)	Pattern #4a 4 or 8 Counts Over the Top Right Lead Over the Top Left Lead (8 Counts)	Patterns 1a-4a = Combination #1 Add Variations 1. Change Basic Step to a Jog. 2. Add V-Arms to the V-Step 3. Power Turn Step 4. Propulsive OTT Note: All steps are self-reversing.
Pattern #1b 4 or 8 Counts	Pattern #2b 4 or 8 Counts	Pattern #3b 4 or 8 Counts	Pattern #4b 4 or 8 Counts	Patterns 1b-4b = Combination #2 Add Variations
Pattern #1c 4 or 8 Counts	Pattern #2c 4 or 8 Counts	Pattern #3c 4 or 8 Counts	Pattern #4c 4 or 8 Counts	Patterns 1c-4c = Combination #3 Add Variations
Pattern #1d 4 or 8 Counts	Pattern #2d 4 or 8 Counts	Pattern #3d 4 or 8 Counts	Pattern #4d 4 or 8 Counts	Patterns 1d-4d = Combination #4 Add Variations

MODULE 8

THE INSTRUCTOR



THE INSTRUCTOR

SKILLS



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THE MOTIVATOR

- Motivation Defined
- Intrinsic
- Extrinsic
- Different Client Characteristics
- Motivate Different Students
- Characteristics of an Effective Motivator



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THE GREAT COMMUNICATOR

- Active Listener
- Place yourself in the room so that your students can see and hear you.
- Articulate each word.
- Put enthusiasm into what you have to say.
- Don't over talk.
- Understand non-verbal communication.
- Resolve conflict.



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THE OBSERVANT COACH



- Connect
- Commend
- Recommend



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MODULE 9

STEP CLASS STRUCTURE



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THE WARM-UP



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WARM-UP

➤ PURPOSE

➤ GUIDELINE

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KEY POINTS FOR A STEP WARM UP

- Use a music tempo of 118-128 bpm
- Incorporate rehearsal moves specific to step (avoid continuous stepping until the body is thoroughly warm)

Example:

- grapevine on the floor
- tap up tap down on the step
- grapevine on the floor
- tap up tap down on the step

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WARM-UP

- Warm-up includes:
 - Appropriate amount of dynamic movement
 - Rehearsal moves
 - Biomechanically sound stretching (good stretches on the step include those for the calves, hamstrings, hip flexors, and low back)
- Clear cues and verbal directions

THE ORIENTATION



THE ORIENTATION

➤ PURPOSE

➤ GUIDELINE

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THE CONDITIONING



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THE CONDITIONING

➤ PURPOSE

➤ GUIDELINE

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THE STEP RECOVERY



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THE STEP RECOVERY

➤ PURPOSE

➤ GUIDELINE

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THE STRENGTH



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THE STRENGTH

➤ PURPOSE

➤ GUIDELINE

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THE COOL DOWN



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THE COOL DOWN

➤ PURPOSE

➤ GUIDELINE

MODULE 10

SAMPLE CLASS
FORMATS



SAMPLE BEGINNER CLASS

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BEGINNER CLASS FORMAT



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BEGINNER CLASS

Pattern #1a 8 Counts Right Lead Right V Step Right Turn Step	Pattern #2a 8 Counts Over the Top and Back	Pattern #3a 4 or 8 Counts Right 3 Knee Repeater (changes lead)	Pattern #4a 4 or 8 Counts 2 Kicks	Patterns 1a-4a = Combination #1 The 3 Knee Repeater Changes Lead Legs Repeat on the Left Lead
Pattern #1b 12 Counts Right Lead Step Right Foot L Step Across the Top Left L Step Back	Pattern #2b 4 Counts 1 Right Basic Step	Pattern #3b 8 Counts Right Swinging Door (go over the step and back)	Pattern #4b 8 Counts Right 3 Knee Repeater (changes lead)	Patterns 1b-4b = Combination #2 The 3 Knee Repeater Changes Lead Legs Add Variations Add a knee to the L Step/Add a pop up on the Basic Step
Pattern #1c 12 Counts Right Lead 3 Right V Steps	Pattern #2c 4 Counts 1 Left Knee Lift (changes lead)	Pattern #3c 8 Counts Left Foot Corner to Corner Leg Extension	Pattern #4c 8 Counts Left Foot Corner to Corner Hip Abduction	Patterns 1c-4c = Combination #3 Repeat on the Left Lead
Pattern #1d 8 Counts Right Lead Turn Step: Right Lead Turn Step: Left Lead	Pattern #2d 8 Counts Over the Top and Back	Pattern #3d 8 Counts Knee Lift Corner to Corner	Pattern #4d 8 Counts Repeater: Kick Abduction Hamstring Curl (changes lead)	Patterns 1d-4d = Combination #4 Repeat on the Left Lead

SAMPLE INTERMEDIATE CLASS

INTERMEDIATE TO ADVANCED



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INTERMEDIATE CLASS

Pattern #1a 8 Counts Neutral Lead Jump Squat on Top 2X	Pattern #2a 8 Counts Right Lead Swinging Door	Pattern #3a 8 Counts 3 Knee Repeater (Take the 2nd Knee goes behind standing leg and taps over the step; Changes lead)	Pattern #4a 8 Counts Kick Tap Down Pivot Turn	Patterns 1a-4a = Combination #1 Repeat on Left Lead Add Variations Focus on Arm Movement Patterns
Pattern #1c 8 Counts Right Lead Step Right Foot Left Knee Lift Straddle to the other side Right Knee Lift Exit	Pattern #2c 8 Counts Facing the Back Turn to the other corner Left Knee Lift (changes lead) Basic Over the Top Facing the Front	Pattern #3c 8 Counts L Step to the Right	Pattern #4c 8 Counts L Step to the Left	Patterns 1c-4c = Combination #3 Repeat on Left Lead The knee lift to the corner when facing the back changes lead legs
Pattern #1e 8 Counts Right Lead Up and Lunge Back Right and Left	Pattern #2e 8 Counts Straddle Knee Lift to the Other Side (to the front of the step facing the back)	Pattern #3e 8 Counts Up and Lunge Back Right and Left	Pattern #4e 8 Counts Straddle Knee Lift to the Other Side (to the back of the step facing the front)	Patterns 1e-4e = Combination #3 Add Variations Add power as you lunge back
Pattern #1d 8 Counts Right Lead 1/4 Hop Turn Facing the Outside Lunge Side to Side Exit off the Front Turn facing back to the other side	Pattern #2d 8 Counts 1/4 Hop Turn Facing the Outside Lunge Side to Side Exit off the Back	Pattern #3d 8 Counts Corner to Corner Abduction	Pattern #4d 8 Counts 3 Repeater Knee (changes lead)	Patterns 1d-4d = Combination #4 Repeat on Left Lead Add Variations Add Power to the Lunges

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Questions ?

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