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Introduction to Choreography Skills

Choreography Skills provides experienced instructors with proven tools to help them create and deliver routines in ways different from the norm. As well as providing you with 10 alternative methods of putting routines together, you will have an abundance of routines given to you so that you can take them away and practice.

So we will first look at the basic 32 count block of choreography and look at different ways of putting this together. Then we will look at the class as a whole and see that there is a variety of ways in which we can construct our class.

Finally you will have the opportunity to create your own 32, 48 or 96 count combination using any of the methods that have been introduced today.

Remember that the focus of using these skills is to provide variety in your classes to help you deliver that “wow” factor. This does not mean your classes need to be more difficult. Your routine should still be achievable for the majority of people that will take your class. The techniques provided today will allow to stay one step ahead of your competitors and give you inspiration to keep creating freestyle choreography.
Step

Module 1 - The 32 count block

You should be familiar with the concept that a block of aerobic choreography consisting of 32 counts. There are numerous ways in which we can put this together. The ones that we will look at are;

1. Split and mix (2 versions)
2. Delete a repeat

Split and mix – version 1.

Basically there are two groups; a 16 count group and an 8 count group. You choose one combination from the 16 count group and 2 from the 8 count group.

The following are suggested combinations that you can take away and practice. It is strongly suggested that you try to develop your own tool box of 16 counts that you prefer and can add to your collection.

Sample 16 count combinations

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Behind</td>
<td>1 slow v on top of the step</td>
<td>Left</td>
</tr>
<tr>
<td>5-8</td>
<td>R</td>
<td>Behind</td>
<td>Ball change of the l side of the step, then mambo to the side</td>
<td>Left</td>
</tr>
<tr>
<td>9-16</td>
<td>L</td>
<td>Behind</td>
<td>2 x jazz square around the step</td>
<td>360 around the step</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Left</td>
<td>1x stomp L</td>
<td>Front</td>
</tr>
<tr>
<td>5-6</td>
<td>R</td>
<td>To the front of the step</td>
<td>2 x marches</td>
<td>Turning</td>
</tr>
<tr>
<td>7-8</td>
<td>R</td>
<td>OTS</td>
<td>2 x step up onto the step, l foot behind right</td>
<td>Left</td>
</tr>
<tr>
<td>9-10</td>
<td>R</td>
<td>OTS</td>
<td>Ball change on the step, then half turn</td>
<td>180 turn</td>
</tr>
<tr>
<td>11-12</td>
<td>L</td>
<td>OTS</td>
<td>Straddle down</td>
<td>Right</td>
</tr>
<tr>
<td>13-16</td>
<td>L</td>
<td>Around to the front of the step</td>
<td>1 x jazz to front of the step</td>
<td>To face front</td>
</tr>
</tbody>
</table>
Counts | Lead Leg | Approach | Movement | Facing
def

1-4 | R | OTS | 1 step twist on the step | Front
5-6 | L | OTS | Step down down | Front
9-12 | L | Over the step and back | 1 x chasse round the world | 360 turn
13-16 | L | OTS | 1 x reverse turn | front

Counts | Lead Leg | Approach | Movement | Facing
def

1-8 | R | OTS | 3 knee repeater | Front
9-16 | L | OTS | 4 x basic steps | Front

Your task

Practice all of the 16 count combinations, making sure that you are happy with each move.

Try to construct at least two variations of the last combination. Write them below;
8 count combinations

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3</td>
<td>R</td>
<td>OTS</td>
<td>Reverse turn</td>
<td>180 turn</td>
</tr>
<tr>
<td>4&amp;5</td>
<td>L</td>
<td>OTT</td>
<td>Chassee over the step</td>
<td>Right</td>
</tr>
<tr>
<td>6-8</td>
<td>R</td>
<td>Backwards</td>
<td>Walk around the step</td>
<td>To face front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6</td>
<td>R</td>
<td>Otss</td>
<td>3 knee repeater</td>
<td>Front</td>
</tr>
<tr>
<td>7-8</td>
<td>L</td>
<td>Ots</td>
<td>2 x marches</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6</td>
<td>R</td>
<td>Otss</td>
<td>Alt curl x 3 on the step</td>
<td>Front</td>
</tr>
<tr>
<td>7-8</td>
<td>L</td>
<td>Ots</td>
<td>Step down</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Otss</td>
<td>2 knee repeater</td>
<td>Front</td>
</tr>
<tr>
<td>5-8</td>
<td>L</td>
<td>Otss</td>
<td>Step jazz square</td>
<td>Front</td>
</tr>
</tbody>
</table>

Practice each 8 count combination so that you are happy with each one.
Combination construction for split and mix version 1

So now that we have our 16 count combinations and our 8 count combinations, we have the necessary tools to create our 32 count choreographies. All you have to do is choose 1 16 count combination and 2 8 count combinations, put them together and voila you have your routine! Here’s an example;

16 count routine

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Behind</td>
<td>1 slow (v) on top of the step</td>
<td>Left</td>
</tr>
<tr>
<td>5-8</td>
<td>R</td>
<td>Behind</td>
<td>Ball change of the (l) side of the step, then mambo to the side</td>
<td>Left</td>
</tr>
<tr>
<td>9-16</td>
<td>L</td>
<td>Behind</td>
<td>2 x jazz square around the step</td>
<td>360 around the step</td>
</tr>
</tbody>
</table>

8 count routines

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6</td>
<td>R</td>
<td>Ots</td>
<td>Alt curl (x) 3 on the step</td>
<td>Front</td>
</tr>
<tr>
<td>7-8</td>
<td>L</td>
<td>Ots</td>
<td>Step down</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6</td>
<td>R</td>
<td>Ots</td>
<td>3 knee repeater</td>
<td>Front</td>
</tr>
<tr>
<td>7-8</td>
<td>L</td>
<td>Ots</td>
<td>2 x marches</td>
<td>Front</td>
</tr>
</tbody>
</table>

To build your routine.

Teach 16 count combination (a)R and L = 32 counts
Teach 8 count combination (b)R and L = 16 counts
Teach 8 count combination (b)R and L = 16 counts

TOTAL = 64 COUNTS

Then split the routine in half ie

Perform combination (a) R leg = 16 counts
Perform combination (b) L leg = 8 counts
Perform combination (c) R leg = 8 counts

TOTAL = 32 COUNTS
Which means you can repeat the whole thing left leg lead.

Your task

Choose one 16 count combination and two 8 count combinations
Practice performing each of them on the right and left side.
Then practice splitting the routine in half. Write your notes below:
Split and Mix – Version 2

This version is slightly more interesting as it breaks down the 32 count block into 3 separate parts. But this time the parts are 12, 12, and 8. So you do the same process as above but choose 2 from the 12 count list (the 12 count combinations have a holding pattern eg a basic step to make up the 16 count phrase). I have shaded the movements that make up the 12 count combinations to make it clearer.

12 count routines.

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-8</td>
<td>R</td>
<td>Behind the step</td>
<td>1 x 3 knee repeater</td>
<td>Front</td>
</tr>
<tr>
<td>9 – 12</td>
<td>L</td>
<td>Back</td>
<td>1 x basic step</td>
<td>Front</td>
</tr>
<tr>
<td>13 – 16</td>
<td>L</td>
<td>Ots</td>
<td>1 x basic step</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Ots</td>
<td>2 x knee repeater</td>
<td>Front</td>
</tr>
<tr>
<td>5-8</td>
<td>L</td>
<td>Ots</td>
<td>1 x step mambo</td>
<td>To face the back</td>
</tr>
<tr>
<td>9 – 12</td>
<td>L</td>
<td>Back</td>
<td>1 x reverse turn</td>
<td>Front</td>
</tr>
<tr>
<td>13 – 16</td>
<td>L</td>
<td>Ots</td>
<td>1 x basic step</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-8</td>
<td>R</td>
<td>Ots</td>
<td>2 x basic steps</td>
<td>Front</td>
</tr>
<tr>
<td>9 – 12</td>
<td>R</td>
<td>Ots</td>
<td>1 x knee lift</td>
<td>Front</td>
</tr>
<tr>
<td>13 – 16</td>
<td>L</td>
<td>Ots</td>
<td>1 x basic step</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6</td>
<td>R</td>
<td>OTS</td>
<td>Baby mambo x 2</td>
<td>Front</td>
</tr>
<tr>
<td>7-12</td>
<td>R</td>
<td>Ots</td>
<td>2 x knee repeater</td>
<td>Front</td>
</tr>
<tr>
<td>13 – 16</td>
<td>L</td>
<td>Ots</td>
<td>Leg curl</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6</td>
<td>R</td>
<td>Straddle the step</td>
<td>Stomp straddle x 2</td>
<td>Front</td>
</tr>
<tr>
<td>7-8</td>
<td>R</td>
<td>In front of the step</td>
<td>Mambo</td>
<td>Side</td>
</tr>
<tr>
<td>9-12</td>
<td>R</td>
<td>In front</td>
<td>Cha cha cha march march to get to the back of the step</td>
<td>Front</td>
</tr>
<tr>
<td>13-16</td>
<td>L</td>
<td>Behind step</td>
<td>1 x basic</td>
<td>Front</td>
</tr>
</tbody>
</table>

Combination construction for split and mix – version 2

All you have to do is choose 2 different 12 count combinations (with the holding patterns) and 1 8 count combination (with the holding patterns) and then, put them together. Simple!

Example (again the actual moves that constitute the routine are shaded in, the holding patterns are left unshaded).

12 count routine (a)

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6</td>
<td>R</td>
<td>Straddle the step</td>
<td>Stomp straddle x 2</td>
<td>Front</td>
</tr>
<tr>
<td>7-8</td>
<td>R</td>
<td>In front of the step</td>
<td>Mambo</td>
<td>Side</td>
</tr>
<tr>
<td>9-12</td>
<td>R</td>
<td>In front</td>
<td>Cha cha cha march march to get to the back of the step</td>
<td>Front</td>
</tr>
<tr>
<td>13-16</td>
<td>L</td>
<td>Behind step</td>
<td>1 x basic</td>
<td>Front</td>
</tr>
</tbody>
</table>

8 count routine

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6</td>
<td>R</td>
<td>Ots</td>
<td>3 knee repeater</td>
<td>Front</td>
</tr>
<tr>
<td>7-8</td>
<td>L</td>
<td>Ots</td>
<td>2 x marches</td>
<td>Front</td>
</tr>
</tbody>
</table>
To build your routine

Teach first with holding patterns. Therefore

Teach 12 count combination (a)R and L = 32 counts
Teach 8 count combination (b)R and L = 32 counts
Teach 12 count combination (b)R and L = 32 counts

TOTAL = 96 COUNTS

Then split the routine in half with holding patterns ie

Perform combination (a) R leg = 16 counts
Perform combination (b) L leg = 16 counts
Perform combination (c) R leg = 16 counts

TOTAL = 48 COUNTS

Then perform the routine again but remove the holding patterns, ie

Perform combination (a) R leg = 12 counts
Perform combination (b) L leg = 8 counts
Perform combination (c) R leg = 12 counts

TOTAL = 32 COUNTS

Which means you can repeat the whole thing left leg lead.

Your task

Choose two 12 count combinations and one 8 count combination
Practice performing each of them on the right and left side.
Then practice splitting the routine in half. Write your notes here:
Repetition Reduction

This version is even more interesting. With this method of creating your 32 count block you begin with a larger combination which just comprises of base moves, then you gradually layer in the changes. Once the changes have been made, you split the combination in half to reach your final product.

For example

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-10</td>
<td>R</td>
<td>OTS</td>
<td>2 x dbl stomp</td>
<td>Front</td>
</tr>
<tr>
<td>11-26</td>
<td>R</td>
<td>Ots</td>
<td>1 x step knee, 1 x basic step, Repeat left leg</td>
<td>Front</td>
</tr>
<tr>
<td>27-36</td>
<td>R</td>
<td>Ots</td>
<td>2 x dbl stomp</td>
<td>Front</td>
</tr>
<tr>
<td>37-48</td>
<td>R</td>
<td>Ots</td>
<td>2 x dbl knee repeater</td>
<td>To face front</td>
</tr>
<tr>
<td>49-64</td>
<td>L</td>
<td>Ots</td>
<td>4 x sigl knee</td>
<td>Front</td>
</tr>
</tbody>
</table>

Then you gradually add in the variations of each of the base moves. So you end up with:

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-10</td>
<td>R</td>
<td>OTS</td>
<td>2 x squat pivot</td>
<td>Front</td>
</tr>
<tr>
<td>11-26</td>
<td>R</td>
<td>Ots</td>
<td>1 x step tap on the floor then walk around the step, Repeat left leg</td>
<td>Front</td>
</tr>
<tr>
<td>27-36</td>
<td>R</td>
<td>Ots</td>
<td>2 x stomp over the step</td>
<td>Front</td>
</tr>
<tr>
<td>37-48</td>
<td>R</td>
<td>Ots</td>
<td>2 x pas de beret, reverse turn</td>
<td>To face front</td>
</tr>
<tr>
<td>49-64</td>
<td>R</td>
<td>Ots</td>
<td>4 x sigl knee</td>
<td>Front</td>
</tr>
</tbody>
</table>

Then you just split the routine in half to get your 32 count combination;
<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5</td>
<td>R</td>
<td>OTS</td>
<td>1 x squat pivot</td>
<td>Front</td>
</tr>
<tr>
<td>5-13</td>
<td>R</td>
<td>Ots</td>
<td>1 x step tap on the floor then walk around the step.</td>
<td>Front</td>
</tr>
<tr>
<td>14-18</td>
<td>R</td>
<td>Ots</td>
<td>1 x stomp over the step</td>
<td>Front</td>
</tr>
<tr>
<td>19-24</td>
<td>R</td>
<td>Ots</td>
<td>1x pas de beret, reverse turn</td>
<td>To face front</td>
</tr>
<tr>
<td>25-32</td>
<td>L</td>
<td>Ots</td>
<td>2 x sigl knee</td>
<td>Front</td>
</tr>
</tbody>
</table>

Obviously you can do whatever you need with the step alternator. Although this seems a “masterclass” level routine, you can achieve the same results with easier base moves.

Your task is to create a routine using the following base moves. Practice teaching them as laid out above, ie adding one variation at a time.

**The base moves are**

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-20</td>
<td>R</td>
<td>OTS</td>
<td>4 x knee repeater, repeat</td>
<td>Front</td>
</tr>
<tr>
<td>19 - 36</td>
<td>R</td>
<td>Ots</td>
<td>3 x knee repeater, repeat</td>
<td>Front</td>
</tr>
<tr>
<td>37- 48</td>
<td>R</td>
<td>Ots</td>
<td>2 x dbl knee repeater, repeat</td>
<td>Front</td>
</tr>
<tr>
<td>49 - 64</td>
<td>R</td>
<td>Ots</td>
<td>4 x sgl knee lefts, repeat</td>
<td>Front</td>
</tr>
</tbody>
</table>
Add your variations to the base moves in the Movement column

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-20</td>
<td>R</td>
<td>OTS</td>
<td></td>
<td>Front</td>
</tr>
<tr>
<td>19 - 36</td>
<td>R</td>
<td>Ots</td>
<td></td>
<td>Front</td>
</tr>
<tr>
<td>37- 48</td>
<td>R</td>
<td>Ots</td>
<td></td>
<td>Front</td>
</tr>
<tr>
<td>49 - 64</td>
<td>L</td>
<td>Ots</td>
<td></td>
<td>Front</td>
</tr>
</tbody>
</table>

Now cut the routine in half to create your finished product. Complete the table below.

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-10</td>
<td>R</td>
<td>OTS</td>
<td></td>
<td>Front</td>
</tr>
<tr>
<td>11 - 18</td>
<td>L</td>
<td>Ots</td>
<td></td>
<td>Front</td>
</tr>
<tr>
<td>19- 24</td>
<td>R</td>
<td>Ots</td>
<td></td>
<td>Front</td>
</tr>
<tr>
<td>25 - 32</td>
<td>L</td>
<td>Ots</td>
<td></td>
<td>Front</td>
</tr>
</tbody>
</table>

Now all you have to do is practice teaching it!!
Delete a repeat

This method was first introduced to the UK by a wonderful and inspiration presenter called Lexie Williams from Australia. In this method you deliver a range of mini combinations. The common theme amongst all of them is that they have either a single knee or 3 knee repeater at the end of them. Then when you split the routine in half, you delete the repeater, to have your finished product.

For example a step routine could consist of the following;

Mini routine 1

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-12</td>
<td>R</td>
<td>Left then right</td>
<td>2 x step knee mambo</td>
<td>Left then right</td>
</tr>
<tr>
<td>13-16</td>
<td>R</td>
<td>Otts</td>
<td>1 x step knee</td>
<td>Front</td>
</tr>
</tbody>
</table>

Mini routine 2

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6</td>
<td>R</td>
<td>OTS</td>
<td>2 x baby mambo</td>
<td>Front</td>
</tr>
<tr>
<td>7-8</td>
<td>R</td>
<td>Around the step</td>
<td>2 x marches</td>
<td>Back</td>
</tr>
<tr>
<td>9-16</td>
<td>L</td>
<td>Otts</td>
<td>2 x step knee alternate</td>
<td>Front</td>
</tr>
</tbody>
</table>

Mini routine 3

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2</td>
<td>R</td>
<td>OTS</td>
<td>1 x cha cha cha on the step</td>
<td>Front</td>
</tr>
<tr>
<td>3 – 8</td>
<td>L</td>
<td>Side</td>
<td>2 x step stomp ½ way around the step</td>
<td>To face the back</td>
</tr>
<tr>
<td>9-16</td>
<td>L</td>
<td>Otts</td>
<td>3 knee repeater</td>
<td>Front</td>
</tr>
</tbody>
</table>

Mini routine 4

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>On then off the step</td>
<td>1 x reverse turn</td>
<td>360 turn</td>
</tr>
<tr>
<td>5 – 8</td>
<td>R</td>
<td>Otts</td>
<td>1 x step knee</td>
<td>Front</td>
</tr>
<tr>
<td>9-16</td>
<td>L</td>
<td>Otts</td>
<td>2 step knee alternating</td>
<td>Front</td>
</tr>
</tbody>
</table>
So:
mini combination 1 consists of 12 counts single leg lead
mini combination 2 consists of 8 counts single leg lead
**mini combination 3 consists of 8 counts lead leg changer**
mini combination 4 consists of 4 counts single leg lead

**TOTAL 32 COUNTS**

You would teach it as follows
Teach combination 1 R + L 32 counts
Teach combination 2 R x 2 32 counts
Teach combination 3 R + L 32 counts
Teach combination 4 R + L 16 counts

So when we split it in half we have
Combination 1 R 16 counts
Combination 2 L 16 counts
Combination 3 L 16 counts
Combination 4 R 8 counts

Then when we delete the repeaters we have;
Combination 1 R 12 counts
Combination 2 R 8 counts
Combination 3 R 8 counts
Combination 4 L 4 counts

**TOTAL 32 counts**

So that we can repeat the whole combination left leg lead

So the formula for this method is;
12 count combination single leg lead +
8 count combination single leg lead +
**8 count combination lead leg changer +**
4 count combination single leg lead +

**YOU MUST HAVE ONE COMBINATION THAT CHANGES LEAD LEG OR THIS METHOD WILL NOT WORK!**
### Sample 12 count single leg lead base moves

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-12</td>
<td>R</td>
<td>On then off the step</td>
<td>3 x basic steps</td>
<td>Front</td>
</tr>
<tr>
<td>13-16</td>
<td>R</td>
<td>Otis</td>
<td>1 step knee alternating</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-8</td>
<td>R</td>
<td>Behind the step</td>
<td>2 step knee alternating</td>
<td>Front</td>
</tr>
<tr>
<td>9-12</td>
<td>R</td>
<td>Behind</td>
<td>1 x basic step</td>
<td>Front</td>
</tr>
<tr>
<td>13 - 16</td>
<td>R</td>
<td>Otis</td>
<td>1 step knee alternating</td>
<td>Front</td>
</tr>
</tbody>
</table>

### Sample 8 count single leg lead base moves

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-8</td>
<td>R</td>
<td>Behind</td>
<td>2 x basic steps</td>
<td>Front</td>
</tr>
<tr>
<td>9-16</td>
<td>R</td>
<td>Otis</td>
<td>3 x knee repeater</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-8</td>
<td>R</td>
<td>Behind</td>
<td>2 x knee alternator</td>
<td>Front</td>
</tr>
<tr>
<td>9-16</td>
<td>R</td>
<td>Otis</td>
<td>3 x knee repeater</td>
<td>Front</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6</td>
<td>R</td>
<td>Behind</td>
<td>2 x baby mambo</td>
<td>Front</td>
</tr>
<tr>
<td>7-8</td>
<td>R</td>
<td>Behind</td>
<td>2 x marches</td>
<td>Front, or turning</td>
</tr>
<tr>
<td>9-16</td>
<td>R</td>
<td>Otis</td>
<td>3 x knee repeater</td>
<td>Front</td>
</tr>
</tbody>
</table>
Your task

Create your 12 count, 2 x 8 and 1 x 4 count combination.
Practice putting the holding patterns in
Practice splitting in half and then taking out the repeater. Write your notes here
Module 2 - The insertion method of creating choreography

With this teaching method you enhance or give an existing combination a new feel by inserting a combination in the middle of another. The benefit of this is that you can use combinations previously taught, but give it a new twist. Also a combination that was previously “easy” to do can provide an extra challenge by inserting a combination in carefully chosen places.

There are many variations to this concept so we will begin with the easiest versions first, and then progress to the more challenging ones.

Insertion method 1.

With this version you need one 16 count combination which changes lead leg (the lead leg changer) and one combination which stays on the same leg (single leg lead). For example

Combination 1 - Lead leg changer

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Behind</td>
<td>1 slow v on top of the step</td>
<td>Left</td>
</tr>
<tr>
<td>5-8</td>
<td>R</td>
<td>Behind</td>
<td>Ball change of the l side of the step, then mambo to the side</td>
<td>Left</td>
</tr>
<tr>
<td>9-16</td>
<td>L</td>
<td>Behind</td>
<td>2 x jazz square around the step</td>
<td>360 around the step</td>
</tr>
</tbody>
</table>

Repeat Left leg lead

Combination 2 – single leg lead

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5</td>
<td>R</td>
<td>Behind</td>
<td>“Close Open” double stomp, over the step</td>
<td>Front then back</td>
</tr>
<tr>
<td>6-11</td>
<td>L</td>
<td>Front</td>
<td>“criss cross” baby mambo</td>
<td>Back</td>
</tr>
<tr>
<td>12-16</td>
<td>L</td>
<td>Front</td>
<td>“Close Open” double stomp, over the step</td>
<td>Front then back</td>
</tr>
</tbody>
</table>
This is the teaching process for breaking down the routine.

Teaching combination 1 right and left leg lead
Once you have done that, add a holding pattern of 4 basic steps after you perform combination 1 on the right leg. Now you have a 32 count block of combination 1 plus 4 basic steps.

Then each time you perform the routine you can gradually layer in combination 2, so that it is completely balanced....

With the 4 basics layer on, double stomp x2, baby mambo, double stomp x2
Layer on the “close, open” move over the double stomp
Layer on the criss cross over the baby mambo
Layer on the close open over the step, over the criss cross.
So now you have..

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Behind</td>
<td>1 slow v on top of the step</td>
<td>Left</td>
</tr>
<tr>
<td>5-8</td>
<td>R</td>
<td>Behind</td>
<td>Ball change of the l side of the step, then mambo to the side</td>
<td>Left</td>
</tr>
<tr>
<td>9-16</td>
<td>L</td>
<td>Behind</td>
<td>2 x jazz square around the step</td>
<td>360 around the step</td>
</tr>
<tr>
<td>17-21</td>
<td>L</td>
<td>Behind</td>
<td>“Close Open” double stomp, over the step</td>
<td>Front then back</td>
</tr>
<tr>
<td>22-27</td>
<td>R</td>
<td>Front</td>
<td>“criss cross” baby mambo</td>
<td>Back</td>
</tr>
<tr>
<td>28-32</td>
<td>R</td>
<td>Front</td>
<td>“Close Open” double stomp, over the step</td>
<td>Front then back</td>
</tr>
</tbody>
</table>

Once this has been mastered you would then add the insertion to create your “wow” moment. The insertion can be anywhere, but I have chosen to insert the close and open combination in before the 2 jazz squares around the step. Therefore your finished product would be.

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Behind</td>
<td>1 slow v on top of the step</td>
<td>Left</td>
</tr>
<tr>
<td>5-8</td>
<td>R</td>
<td>Behind</td>
<td>Ball change of the l side of the step, then mambo to the side</td>
<td>Left</td>
</tr>
<tr>
<td>9-13</td>
<td>L</td>
<td>Behind</td>
<td>“Close Open” double stomp, over the step</td>
<td>Front then back</td>
</tr>
<tr>
<td>14-19</td>
<td>R</td>
<td>Front</td>
<td>“criss cross” baby mambo</td>
<td>Back</td>
</tr>
<tr>
<td>20-24</td>
<td>R</td>
<td>Front</td>
<td>“Close Open” double stomp, over the step</td>
<td>Front then back</td>
</tr>
<tr>
<td>25-32</td>
<td>L</td>
<td>Behind</td>
<td>2 x jazz square around the step</td>
<td>360 around the step</td>
</tr>
</tbody>
</table>
Now it’s your turn!!

We already have numerous 16 count combinations from the previous workshop, so here are some **16 count combinations that are single leg lead.**

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-8</td>
<td>R</td>
<td>ots</td>
<td>Mambo cha cha cha x 2</td>
<td>Front</td>
</tr>
<tr>
<td>11 - 16</td>
<td>R</td>
<td>Ots</td>
<td>2 x basic steps</td>
<td>Front then back</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-8</td>
<td>R</td>
<td>ots</td>
<td>Basic over the step x 2</td>
<td>Front then back</td>
</tr>
<tr>
<td>9 - 16</td>
<td>R</td>
<td>Ots</td>
<td>2 x step tap on the floor</td>
<td>Front then back</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5</td>
<td>R</td>
<td>Behind</td>
<td>Double stomp x 2</td>
<td>Front then back</td>
</tr>
<tr>
<td>6-11</td>
<td>L</td>
<td>Front</td>
<td>Sigl stomp x 2</td>
<td>Back</td>
</tr>
<tr>
<td>12 - 16</td>
<td>L</td>
<td>Front</td>
<td>Double stomp x 2</td>
<td>Front then back</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2</td>
<td>R</td>
<td>ots</td>
<td>½ Basic step</td>
<td>Front</td>
</tr>
<tr>
<td>3-10</td>
<td>R</td>
<td>On top of the step</td>
<td>4 x lunges</td>
<td>Front</td>
</tr>
<tr>
<td>11-12</td>
<td>R</td>
<td>On top</td>
<td>Step down</td>
<td>Front</td>
</tr>
<tr>
<td>13-16</td>
<td>R</td>
<td>Back</td>
<td>1 x reverse turn</td>
<td>Front</td>
</tr>
</tbody>
</table>
**Task**

Choose 1 16 count combination with is a lead leg changer (LLC) and a 16 count single leg lead (SLL)

Teaching combination LLC right and left leg lead

Once you have done that, add your **chosen holding pattern** after you perform combination 1 on the right leg. Now you have a 32 count block of combination LLC plus the holding pattern.

Gradually layer in your SLL combination

Once you have done this then insert the SLL into the LLC

Good luck! Write your notes here

---

**Insertion method 2**

Once the previous method has been mastered and understood then this can method can be used as a progression. With this insertion method you have 2 combinations, each lead leg changers. One of these combinations is **32 counts**, and the other is **16**. Your class would then be taught as follows;

Teach and perform Combination 1 32counts R&L = 64 counts
Teach and perform combination 2 16 counts R&L = 32 counts

Choose a suitable place, and then insert combination 2 R &L into combination 1 ie

\[ \frac{1}{2} \text{Combination 1 } \text{)+( combination 2 R&L)} + \frac{1}{2} \text{ combination 1} \]

Although this looks like GCSE mathematical formula this does actually work and can provide a great challenge to your class. Care must be taken to make sure that each combination has a really clear start point so that you can cue each part.

This concept is best explained with an example.
32 count combination

Let’s use one that we have just created

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Behind</td>
<td>1 slow v on top of the step</td>
<td>Left</td>
</tr>
<tr>
<td>5-8</td>
<td>R</td>
<td>Behind</td>
<td>Ball change of the l side of the step, then mambo to the side</td>
<td>Left</td>
</tr>
<tr>
<td>9-13</td>
<td>L</td>
<td>Behind</td>
<td>“Close Open” double stomp, over the step</td>
<td>Front then back</td>
</tr>
<tr>
<td>14-19</td>
<td>R</td>
<td>Front</td>
<td>“criss cross” baby mambo</td>
<td>Back</td>
</tr>
<tr>
<td>20-24</td>
<td>R</td>
<td>Front</td>
<td>“Close Open” double stomp, over the step</td>
<td>Front then back</td>
</tr>
<tr>
<td>25-32</td>
<td>L</td>
<td>Behind</td>
<td>2 x jazz square around the step</td>
<td>360 around the step</td>
</tr>
</tbody>
</table>

16 count combination

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>OTS</td>
<td>1 step twist on the step</td>
<td>Front</td>
</tr>
<tr>
<td>5-6</td>
<td>L</td>
<td>OTS</td>
<td>Step down down</td>
<td>Front</td>
</tr>
<tr>
<td>9-12</td>
<td>L</td>
<td>Over the step and back</td>
<td>1 x chasse round the world</td>
<td>360 turn</td>
</tr>
<tr>
<td>13-16</td>
<td>L</td>
<td>OTS</td>
<td>1 x reverse turn</td>
<td>front</td>
</tr>
</tbody>
</table>

Using the formula:

½ Combination 1 + (combination 2 R&L) + ½ combination 1
We have………

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Behind</td>
<td>1 slow v on top of the step</td>
<td>Left</td>
</tr>
<tr>
<td>5-8</td>
<td>R</td>
<td>Behind</td>
<td>Ball change of the l side of the step, then mambo to the side</td>
<td>Left</td>
</tr>
<tr>
<td>9-13</td>
<td>L</td>
<td>Behind</td>
<td>“Close Open” double stomp, over the step</td>
<td>Front then back</td>
</tr>
<tr>
<td>14-19</td>
<td>R</td>
<td>Front</td>
<td>“criss cross” baby mambo</td>
<td>Back</td>
</tr>
<tr>
<td>20-24</td>
<td>R</td>
<td>Front</td>
<td>“Close Open” double stomp, over the step</td>
<td>Front then back</td>
</tr>
<tr>
<td>25-28</td>
<td>R</td>
<td>OTS</td>
<td>1 step twist on the step</td>
<td>Front</td>
</tr>
<tr>
<td>29-30</td>
<td>L</td>
<td>OTS</td>
<td>Step down down</td>
<td>Front</td>
</tr>
<tr>
<td>31-36</td>
<td>L</td>
<td>Over the step and back</td>
<td>1 x chasse round the world</td>
<td>360 turn</td>
</tr>
<tr>
<td>37-40</td>
<td>L</td>
<td>OTS</td>
<td>1 x reverse turn</td>
<td>front</td>
</tr>
<tr>
<td>41-44</td>
<td>R</td>
<td>OTS</td>
<td>1 step twist on the step</td>
<td>Front</td>
</tr>
<tr>
<td>45-46</td>
<td>L</td>
<td>OTS</td>
<td>Step down down</td>
<td>Front</td>
</tr>
<tr>
<td>47-52</td>
<td>L</td>
<td>Over the step and back</td>
<td>1 x chasse round the world</td>
<td>360 turn</td>
</tr>
<tr>
<td>53-56</td>
<td>L</td>
<td>OTS</td>
<td>1 x reverse turn</td>
<td>Front</td>
</tr>
<tr>
<td>57-64</td>
<td>L</td>
<td>Behind</td>
<td>2 x jazz square around the step</td>
<td>360 around the step</td>
</tr>
</tbody>
</table>

Remember, refer to the online training course to see this in action, as well as the 3rd version, where I insert ANOTHER 16 COUNT COMBINATION in the middle of all this!!!
Module 3 - The teaching of Step

There are certain techniques that can be used to teach your Step class. The main rule of thumb is that the class needs to be taught in a manner that allows everyone to feel comfortable, therefore the base moves should be taught in an logical manner.

Let us use the following as an example. I am going to choose the following to work with.

16 count combination.

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-10</td>
<td>R</td>
<td>Behind</td>
<td>2 x big squats over the step</td>
<td>Left</td>
</tr>
<tr>
<td>11-12</td>
<td>L</td>
<td>Behind</td>
<td>1 x step kick</td>
<td>Right</td>
</tr>
<tr>
<td>13</td>
<td>N</td>
<td>On top</td>
<td>Place right foot behind left</td>
<td>Right</td>
</tr>
<tr>
<td>14</td>
<td>N</td>
<td>On top</td>
<td>Reverse pivot</td>
<td>Left</td>
</tr>
<tr>
<td>15-16</td>
<td>L</td>
<td>On top</td>
<td>Step down</td>
<td>Back</td>
</tr>
</tbody>
</table>

The first thing I always do is establish a base move which lasts the duration of the finished article. So if my end product is 16 counts then my base move will also last 16 counts. As this combination changes lead leg, then my base move must change lead leg also.

Here are the steps that you could use to layer in the relevant changes;

Step 1 Begin with 4 knee repeaters, 4 marches, 1 basic step. Repeat
Step 2 Layer in the big squat over the 4 knees repeaters.
Step 3 Layer in the kick pivot over the 4 marches and basic step.

So you see from simple beginnings a level 2 or 3 combination has been created, with the minimum of stress!!
Task.

Choose one of the 16 count combinations listed, and list how you would layer in the various changes. Use the steps below as a guide.

Write your combination here;

List your progressions here;

<table>
<thead>
<tr>
<th>Step 1</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 2</td>
<td></td>
</tr>
<tr>
<td>Step 3</td>
<td></td>
</tr>
<tr>
<td>Step 4</td>
<td></td>
</tr>
<tr>
<td>Step 5</td>
<td></td>
</tr>
</tbody>
</table>
Module 4 – Class Construction

Learning the secrets of class construction really sets the top instructors and presenters apart from the rest. If you learn these tips correctly, you will have no trouble creating that wow factor within your classes.

Traditionally instructors have taught 3, 32 count combinations and then split them in half to create their final product.

What I am going to do here is teach you 2 versions that are challenging both to you and your clients, but the rewards are definitely worthwhile!

Incomplete combinations.

This is the method that I am really known for. Instead of teaching 3 combinations of 32 counts, I teach 5 mini combinations as follows;

Combination 1 = 24 counts R and L
Combination 2 = 12 counts R and L
Combination 3 = 24 counts R and L
Combination 4 = 12 counts R and L
Combination 5 = 24 counts R and L

The 12 count combinations would have add a basic step to make up the 16 counts, whereas the 24 count combinations would have 2 knee alternators as a holding pattern to make up the 32 counts.

So the process is to teach all 5 combinations that are lead leg changers, then split the whole combination in half, and then remove all holding patterns.

Again this is best explained with an example;
### Combination 1 = 24 counts

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-10</td>
<td>R</td>
<td>Behind</td>
<td>2 x big squats over the step</td>
<td>Left</td>
</tr>
<tr>
<td>11-12</td>
<td>L</td>
<td>Behind</td>
<td>1 x step kick</td>
<td>Right</td>
</tr>
<tr>
<td>13</td>
<td>N</td>
<td>On top</td>
<td>Place right foot behind left</td>
<td>Right</td>
</tr>
<tr>
<td>14</td>
<td>N</td>
<td>On top</td>
<td>Reverse pivot</td>
<td>Left</td>
</tr>
<tr>
<td>15-17</td>
<td>L</td>
<td>On top</td>
<td>1 x sgl stomp left leg</td>
<td>Back</td>
</tr>
<tr>
<td>18-20</td>
<td>R</td>
<td>On top</td>
<td>1 x dbl stomp</td>
<td>Back</td>
</tr>
<tr>
<td>21-24</td>
<td>L</td>
<td>On top</td>
<td>1 x reverse turn</td>
<td>To face front</td>
</tr>
<tr>
<td>25-32</td>
<td>L</td>
<td>Behind</td>
<td>2 x step knee alternator</td>
<td>Front</td>
</tr>
</tbody>
</table>

### Combination 2 = 12 counts

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>&amp;1-4</td>
<td>R</td>
<td>Behind the step</td>
<td>“boom boom” ball change side mambo on the left side of the step</td>
<td>Front</td>
</tr>
<tr>
<td>5- 8</td>
<td>L</td>
<td>Behind</td>
<td>Side mambo right side of step</td>
<td>Front</td>
</tr>
<tr>
<td>9-12</td>
<td>L</td>
<td>Behind</td>
<td>Step, then stomp right foot on the step</td>
<td>Front</td>
</tr>
<tr>
<td>13- 16</td>
<td>L</td>
<td>Behind step</td>
<td>1 x basic</td>
<td>Front</td>
</tr>
</tbody>
</table>

### Combination 3 = 24 counts

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Behind the step</td>
<td>1 x step kick ball change, stomp step on ct 4</td>
<td>Front</td>
</tr>
<tr>
<td>5-6</td>
<td>R</td>
<td>Front</td>
<td>Step over the step</td>
<td>Front</td>
</tr>
<tr>
<td>7-10</td>
<td>R</td>
<td>Front</td>
<td>1 slow v on top of the step</td>
<td>Left</td>
</tr>
<tr>
<td>11-14</td>
<td>R</td>
<td>Front</td>
<td>Ball change of the l side of the step, then mambo to the side</td>
<td>Left</td>
</tr>
<tr>
<td>15-16</td>
<td>L</td>
<td>Front</td>
<td>2x marches, turning</td>
<td>Front</td>
</tr>
</tbody>
</table>
17 – 20

| L | Front | 1 x jazz square around the step | Front |

21-24

| L | Front | Reverse Turn | Full turn |

25 – 32

| L | Front | 2 x knee alternating | Front |

**Combination 4 = 12 counts**

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Ots</td>
<td>2 knee repeater step twist</td>
<td>Front</td>
</tr>
<tr>
<td>5-8</td>
<td>L</td>
<td>Ots</td>
<td>1 x step mambo</td>
<td>To face the back</td>
</tr>
<tr>
<td>9 – 12</td>
<td>L</td>
<td>Back</td>
<td>1 x reverse turn</td>
<td>Front</td>
</tr>
<tr>
<td>13 – 16</td>
<td>L</td>
<td>Ots</td>
<td>1 x basic step</td>
<td>Front</td>
</tr>
</tbody>
</table>

**Combination 5**

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>R</td>
<td>Behind the step</td>
<td>1 x chasse along the step to the end</td>
<td>Front</td>
</tr>
<tr>
<td>5-6</td>
<td>L</td>
<td>Front</td>
<td>Step up onto the step</td>
<td>Front</td>
</tr>
<tr>
<td>7-10</td>
<td>L</td>
<td>On top</td>
<td>2 x baby mambo</td>
<td>Left</td>
</tr>
<tr>
<td>11-13</td>
<td>L</td>
<td>On top</td>
<td>Walk around the step</td>
<td>Left</td>
</tr>
<tr>
<td>14 - 24</td>
<td>L</td>
<td>Front</td>
<td>2x dbl stomp waltz on the step</td>
<td>Front</td>
</tr>
<tr>
<td>25 – 32</td>
<td>L</td>
<td>Front</td>
<td>2 x knee alternating</td>
<td>Front</td>
</tr>
</tbody>
</table>

So you teach

Combination 1 = 24 counts R and L
Combination 2 = 12 counts R and L
Combination 3 = 24 counts R and L
Combination 4 = 12 counts R and L
Combination 5 = 24 counts R and L

The 12 count combinations would have add a basic step to make up the 16 counts, whereas the 24 count combinations would have 2 knee alternators as a holding pattern to make up the 32 counts.

So the process is to teach all 5 combinations that are lead leg changers, then split the whole combination in half. (To see how I teach this please refer to the online teaching manual. Then remove all holding patterns.

So your end product becomes;
<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-10</td>
<td>R</td>
<td>Behind</td>
<td>2 x big squats over the step</td>
<td>Left</td>
</tr>
<tr>
<td>11-12</td>
<td>L</td>
<td>Behind</td>
<td>1 x step kick</td>
<td>Right</td>
</tr>
<tr>
<td>13</td>
<td>N</td>
<td>On top</td>
<td>Place right foot behind left</td>
<td>Right</td>
</tr>
<tr>
<td>14</td>
<td>N</td>
<td>On top</td>
<td>Reverse pivot</td>
<td>Left</td>
</tr>
<tr>
<td>15-17</td>
<td>L</td>
<td>On top</td>
<td>1 x sgl stomp left leg</td>
<td>Back</td>
</tr>
<tr>
<td>18-20</td>
<td>R</td>
<td>On top</td>
<td>1 x dbl stomp</td>
<td>Back</td>
</tr>
<tr>
<td>21-24</td>
<td>L</td>
<td>On top</td>
<td>1 x reverse turn</td>
<td>To face front</td>
</tr>
<tr>
<td>25-28</td>
<td>L</td>
<td>Behind the step</td>
<td>“boom boom” ball change side mambo on the left side of the step</td>
<td>Front</td>
</tr>
<tr>
<td>28-33</td>
<td>R</td>
<td>Behind</td>
<td>Side mambo right side of step</td>
<td>Front</td>
</tr>
<tr>
<td>34-36</td>
<td>L</td>
<td>Behind</td>
<td>Step, then stomp right foot on the step</td>
<td>Front</td>
</tr>
<tr>
<td>37-40</td>
<td>R</td>
<td>Behind the step</td>
<td>1 x step kick ball change, stomp step on ct 4</td>
<td>Front</td>
</tr>
<tr>
<td>41-42</td>
<td>R</td>
<td>Front</td>
<td>Step over the step</td>
<td>Front</td>
</tr>
<tr>
<td>43-46</td>
<td>R</td>
<td>Front</td>
<td>1 slow v on top of the step</td>
<td>Left</td>
</tr>
<tr>
<td>47-50</td>
<td>R</td>
<td>Front</td>
<td>Ball change of the l side of the step, then mambo to the side</td>
<td>Left</td>
</tr>
<tr>
<td>51-52</td>
<td>L</td>
<td>Front</td>
<td>2x marches, turning</td>
<td>Front</td>
</tr>
<tr>
<td>53–56</td>
<td>L</td>
<td>Front</td>
<td>1 x jazz square around the step</td>
<td>Front</td>
</tr>
<tr>
<td>57-60</td>
<td>L</td>
<td>Front</td>
<td>Reverse Turn</td>
<td>Full turn</td>
</tr>
<tr>
<td>61-64</td>
<td>L</td>
<td>Ots</td>
<td>2 knee repeater step twist</td>
<td>Front</td>
</tr>
<tr>
<td>65-68</td>
<td>R</td>
<td>Ots</td>
<td>1 x step mambo</td>
<td>To face the back</td>
</tr>
<tr>
<td>69 – 72</td>
<td>R</td>
<td>Back</td>
<td>1 x reverse turn</td>
<td>Front</td>
</tr>
<tr>
<td>73-76</td>
<td>R</td>
<td>Behind the step</td>
<td>1 x chasse along the step to the end</td>
<td>Front</td>
</tr>
<tr>
<td>77-78</td>
<td>L</td>
<td>Front</td>
<td>Step up onto the step</td>
<td>Front</td>
</tr>
<tr>
<td>79-82</td>
<td>L</td>
<td>On top</td>
<td>2 x baby mambo</td>
<td>Left</td>
</tr>
<tr>
<td>83-85</td>
<td>L</td>
<td>On top</td>
<td>Walk around the step</td>
<td>Left</td>
</tr>
<tr>
<td>86-96</td>
<td>L</td>
<td>Front</td>
<td>2x dbl stomp waltz on the step</td>
<td>Front</td>
</tr>
</tbody>
</table>

REMEMBER I TEACH THIS ON THE ONLINE COURSE SO THIS WILL MAKE MORE SENSE THEN……..PROMISE!!
On the training video I have given you 4 sample 24 count combinations. The easier ones I have detailed here.

**Sample 24 count combinations**

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-16</td>
<td>R</td>
<td>Behind the step</td>
<td>4 x basic steps</td>
<td>Front</td>
</tr>
<tr>
<td>17 - 24</td>
<td>R</td>
<td>Behind</td>
<td>3 x knee repeater</td>
<td>Front</td>
</tr>
<tr>
<td>25 – 32</td>
<td>L</td>
<td>Front</td>
<td>2 x knee alternating</td>
<td>Front</td>
</tr>
</tbody>
</table>

Task 1 make at least 2 variations of the above combination using the basic and the repeaters as the base moves, eg you could have;

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-8</td>
<td>R</td>
<td>Behind the step</td>
<td>2 x jazz square around the step</td>
<td>Front</td>
</tr>
<tr>
<td>9-16</td>
<td>R</td>
<td>Behind</td>
<td>1 x basic across the step</td>
<td>Front</td>
</tr>
<tr>
<td>17 - 24</td>
<td>R</td>
<td>Behind</td>
<td>3 x knee repeater, funky knee</td>
<td>Front</td>
</tr>
<tr>
<td>25 – 32</td>
<td>L</td>
<td>Front</td>
<td>2 x knee alternating</td>
<td>Front</td>
</tr>
</tbody>
</table>

Another 24 count base move is…

<table>
<thead>
<tr>
<th>Counts</th>
<th>Lead Leg</th>
<th>Approach</th>
<th>Movement</th>
<th>Facing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-10</td>
<td>R</td>
<td>Behind the step</td>
<td>4 x knee repeater</td>
<td>Front</td>
</tr>
<tr>
<td>11-20</td>
<td>L</td>
<td>Behind</td>
<td>2 x dbl stomp</td>
<td>Front</td>
</tr>
<tr>
<td>21 - 24</td>
<td>L</td>
<td>Front</td>
<td>1 x basic step</td>
<td>Front</td>
</tr>
<tr>
<td>25 – 32</td>
<td>L</td>
<td>Front</td>
<td>2 x knee alternating</td>
<td>Front</td>
</tr>
</tbody>
</table>

Again try to make at least 1 variation of the above combination.
Then choose 3 24 count combinations and 2 12 count combinations, and try to go through the steps outlined to create your masterpiece! Write your notes below.
The Pyramid method of building choreography.

This is a really fun and easy method of creating your class basically you have 4 combinations, as follows:

- Combination 1 = 16 counts
- Combination 2 = 8 counts
- Combination 3 = 16 counts
- Combination 4 = 8 counts

You teach all 4 combinations right and left lead, and then split the routine in half. Once you have done that you perform the routine as follows:

1+2+3+4+4+3+2+1