



## **Split and Mix Class Construction Tips**

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

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

### Combination 2 = 12 counts

Counts	Lead Leg	Approach	Movement	Facing
&1-4	R	Behind the step	"boom boom" ball change side mambo on the left side of the step	Front
5- 8	L	Behind	Side mambo right side of step	Front
9-12	L	Behind	Step, then stomp right foot on the step	Front
13- 16	L	Behind step	1 x basic	Front

### Combination 3 = 24 counts

Counts	Lead Leg	Approach	Movement	Facing
1-4	R	Behind the step	1 x step kick ball change, stomp step on ct 4	Front
5-6	R	Front	Step over the step	Front
7-10	R	Front	1 slow v on top of the step	Left



11-14	R	Front	Ball change of the l side of the step, then mambo to the side	Left
15-16	L	Front	2x marches, turning	Front
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**

Counts	Lead Leg	Approach	Movement	Facing
1-4	R	Ots	2 knee repeater step twist	Front
5-8	L	Ots	1 x step mambo	To face the back
9 – 12	L	Back	1 x reverse turn	Front
13 – 16	L	Ots	1 x basic step	Front

**Combination 5**

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

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;

Counts	Lead Leg	Approach	Movement	Facing
1-10	R	Behind	2 x big squats over the step	Left
11-12	L	Behind	1 x step kick	Right
13	N	On top	Place right foot behind left	Right
14	N	On top	Reverse pivot	Left
15-17	L	On top	1 x sgl stomp left leg	Back
18-20	R	On top	1 x dbl stomp	Back
21-24	L	On top	1 x reverse turn	To face front
&25-28	L	Behind the step	“boom boom” ball change side mambo on the left side of the step	Front
28 - 33	R	Behind	Side mambo right side of step	Front
34-36	L	Behind	Step, then stomp right foot on the step	Front
37-40	R	Behind the step	1 x step kick ball change, stomp step on ct 4	Front
41-42	R	Front	Step over the step	Front
43-46	R	Front	1 slow v on top of the step	Left
47-50	R	Front	Ball change of the l side of the step, then mambo to the side	Left
51-52	L	Front	2x marches, turning	Front
53 – 56	L	Front	1 x jazz square around the step	Front
57-60	L	Front	Reverse Turn	Full turn
61-64	L	Ots	2 knee repeater step twist	Front



65-68	R	Ots	1 x step mambo	To face the back
69 – 72	R	Back	1 x reverse turn	Front
73-76	R	Behind the step	1 x chasse along the step to the end	Front
77-78	L	Front	Step up onto the step	Front
79-82	L	On top	2 x baby mambo	Left
83 - 85	L	On top	Walk around the step	Left
86-96	L	Front	2x dbl stomp waltz on the step	Front
<b>REMEMBER I TEACH THIS ON THE ONLINE COURSE SO THIS WILL MAKE MORE SENSE THEN.....PROMISE!!</b>				

On the training video I have given you 4 sample 24 count combinations. The easier ones I have detailed here.

**Sample 24 count combinations**

Counts	Lead Leg	Approach	Movement	Facing
1-16	R	Behind the step	4 x basic steps	Front
17 - 24	R	Behind	3 x knee repeater	Front
25 – 32	L	Front	2 x knee alternating	Front

**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;**

Counts	Lead Leg	Approach	Movement	Facing
1-8	R	Behind the step	2 x jazz square around the step	Front
9-16	R	Behind	1 x basic across the step	Front
17 - 24	R	Behind	3 x knee repeater, funky knee	Front
25 – 32	L	Front	2 x knee alternating	Front

Another 24 count base move is....



Counts	Lead Leg	Approach	Movement	Facing
1-10	R	Behind the step	4 x knee repeater	Front
11-20	L	Behind	2 x dbl stomp	Front
21 - 24	L	Front	1 x basic step	Front
25 – 32	L	Front	2 x knee alternating	Front

Again try to make at least 1 variation of the above combination.

### Sample 12 count combinations

Counts	Lead Leg	Approach	Movement	Facing
1-8	R	Behind the step	1 3 knee repeater	Front
9 – 12	L	Back	1 x basic step	Front
13 – 16	L	Ots	1 x basic step	Front

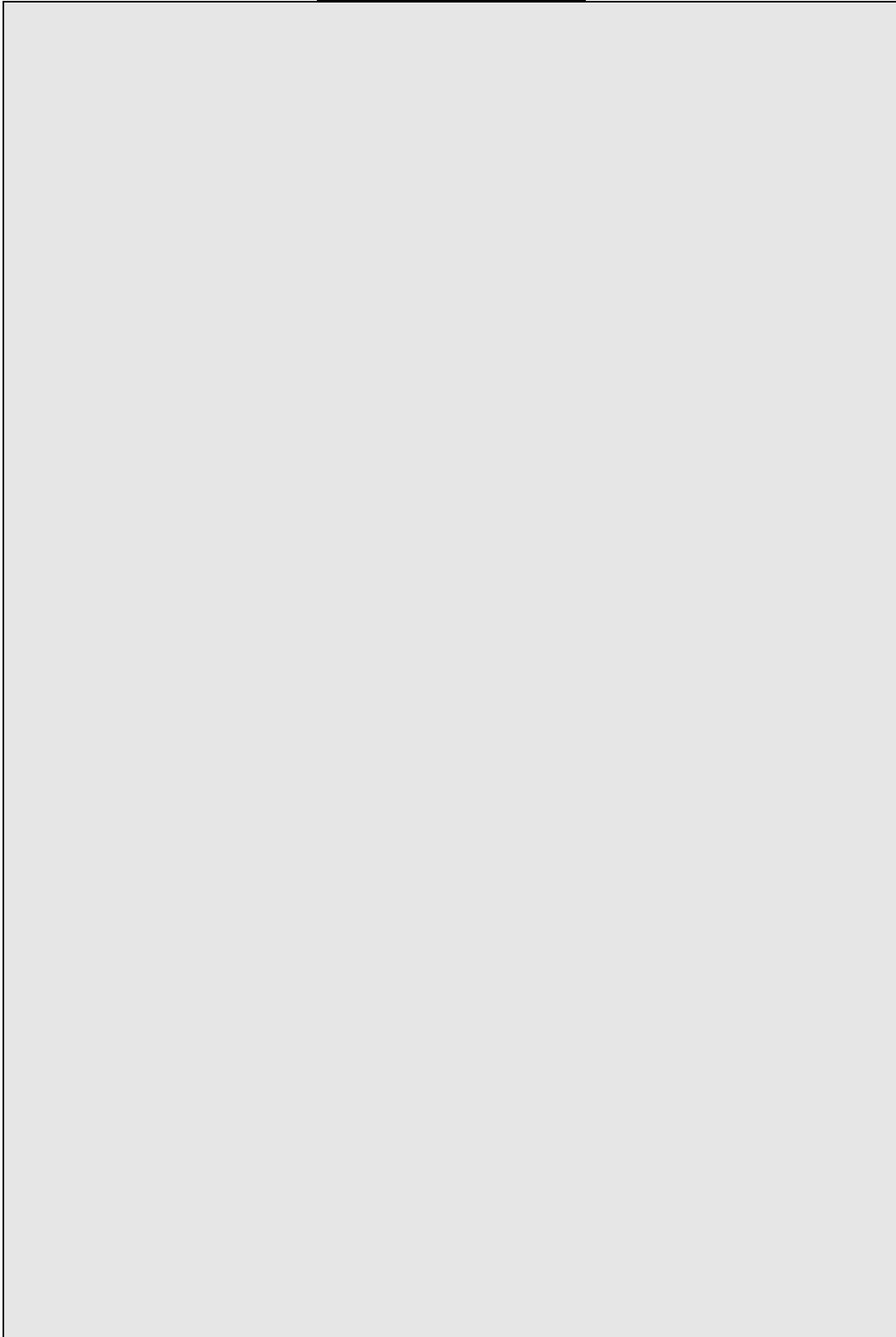
Counts	Lead Leg	Approach	Movement	Facing
1-4	R	Ots	2 knee repeater	Front
5-8	L	Ots	1 x step mambo	To face the back
9 – 12	L	Back	1 x reverse turn	Front
13 – 16	L	Ots	1 x basic step	Front

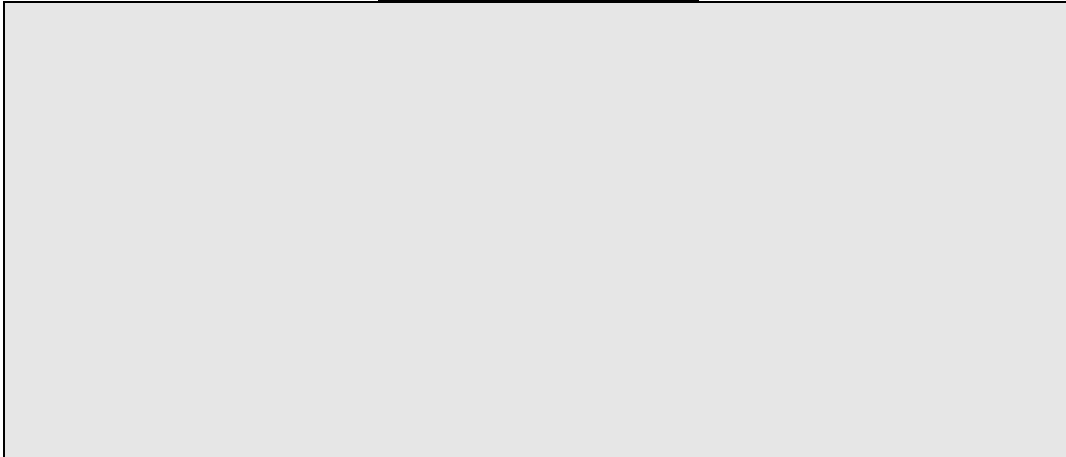
Counts	Lead Leg	Approach	Movement	Facing
1-8	R	Ots	2 x basic steps	Front
9– 12	R	Ots	1 x knee lift	Front
13 – 16	L	Ots	1 x basic step	Front

Counts	Lead Leg	Approach	Movement	Facing
1-6	R	OTS	Baby mambo x 2	Front
7-12	R	Ots	2 knee repeater	Front
13 – 16	L	Ots	1 x basic step	Front

If you can try to make at least 1 variation of each of these 12 count combinations.

**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**





I have included the [video module](#) that further explains the split and mix concepts as well as gives **practical examples of everything that I have mentioned here**. It also gives you **“homework”** to practice the principles to make sure that you fully understand the concept. You will find the video as part of my aerobic bundle and steppers delight bundle.

To find out my about the **step bundle**, please go to

<http://fitnesstrainingdownloads.com/fitness-teaching-mega-bundles/step/>

And for the **aerobic bundle**, please go here

<http://fitnesstrainingdownloads.com/fitness-teaching-mega-bundles/aerobics/>

Thanks

A handwritten signature in black ink, appearing to read 'Lincoln Bryden', written on a light gray background.

Linx