

STEP TO THE FUTURE TOUR 2016

SESSION 1 - Ali & Gina present

"STEP TO THE FUTURE II"

(CHANGES IN RED)

PART 1A

Progression 1:

- 1 basic (1-4)
- 1 chasse and 2 marches (on floor) (5-8)
- 2 basics (9-16)
- REPEAT LEFT

Progression 2:

- 1 box step (off corner) (1-4)
- 1 chasse and 2 marches (on floor) (5-8)
- 2 basics (9-16)
- REPEAT LEFT

Progression 3:

- 1 box step (off corner) (1-4)
- 1 chasse and 2 marches (360 turn - on floor) (5-8)
- 2 basics (9-16)
- REPEAT LEFT

Progression 4:

- 1 box step (off corner) (1-4)
- 1 chasse and 2 marches (360 turn - on floor) (5-8)
- 2 jazz steps (360 - round each corner) (9-16)
- REPEAT LEFT

PART 1B

Progression 1:

- 3 knee repeater (1-8)
- 1 mambo (cross in front on floor) (9-10)
- 1 chasse (on floor) (11-12)
- 4 marches
- THIS WILL NOT CHANGE LEG!!

Progression 2:

- 1 kick, ball-change (mambo behind - on floor) (1-4)
- x1 single knee (5-8)
- 1 mambo (on step) (9-10)
- 1 chasse (on floor) (11-12)
- 1 mambo, chasse, 4 marches (on floor) (13-16)

Progression 3:

- 1 kick, ball-straddle (1-4)
- 1 box step (round corner) (5-6)
- 1 chasse (on floor) (7-8)
- 1 mambo, chasse, 4 marches (on floor) (13-16)

REPEAT PROGRESSION 1 - 3 ON LEFT

ADD **A** AND **B** TOGETHER - CUT IN HALF - THIS WILL NOW CHANGE LEG!!

CHANGE THE 4 MARCHES TO **WALK AROUND** TO THE BACK OF THE STEP TO REPEAT THE WHOLE ROUTINE TO THE BACK ON THE LEFT

CHANGE THE WALK TO THE BACK OF THE STEP TO A **DOUBLE SPIN** TO REPEAT THE WHOLE ROUTINE TO THE BACK ON THE LEFT

PART 2A

Progression 1:

- 1 knee, 1 elvis (at corner) (1-4)
- 1 basic (to face front) (5-8)
- 4 claps (on the spot)** (9-12)
- 1 knee (13-16)
- REPEAT LEFT

Progression 2:

- 1 knee, 1 elvis (at corner) (1-4)
- 1 basic straddle (to face centre of step) (5-8)
- 4 claps (on the spot)** (9-12)
- 1 elvis (on step with leading leg) (13-14)
- 1 pivot turn (360) (15-16)
- REPEAT LEFT

PART 2B

Progression 1:

- 2 single taps (1-4)
- 1 mambo (on step, front and back) (5-8)
- 1 basic (9-12)
- 1 knee (13-16)
- REPEAT LEFT

Progression 2:

- 2 rhythm taps (1-4)
- 1 pivot turn (5-8)
- 1 basic (9-12)
- 1 knee (13-16)
- REPEAT LEFT

Progression 3:

- 2 rhythm taps (1-4)
- 1 pivot turn (5-8)
- 1 jazz box (round corner to face back) (9-12)
- 1 knee (over step to face front) (13-16)
- REPEAT LEFT

**ADD PART A AND B TOGETHER -
THIS WILL NOT CHANGE LEG!!!**

**ADD PART 1 ON RIGHT LEG TO FACE BACK AND HOLD!!!!
PRACTICE PART 2 ON LEFT LEG FACING THE BACK
ADD PART 1 AT BACK, PART 2 AT FRONT**

GO FROM THE TOP = PART 1 AND 2 TOGETHER CUT IN HALF

**ADD PARTNER = DEMONSTRATE THE CLAP VARIATION
ON PART 2A**

(Cross both hand across your chest (9-10)
Place both hands on your hips (11-12))**