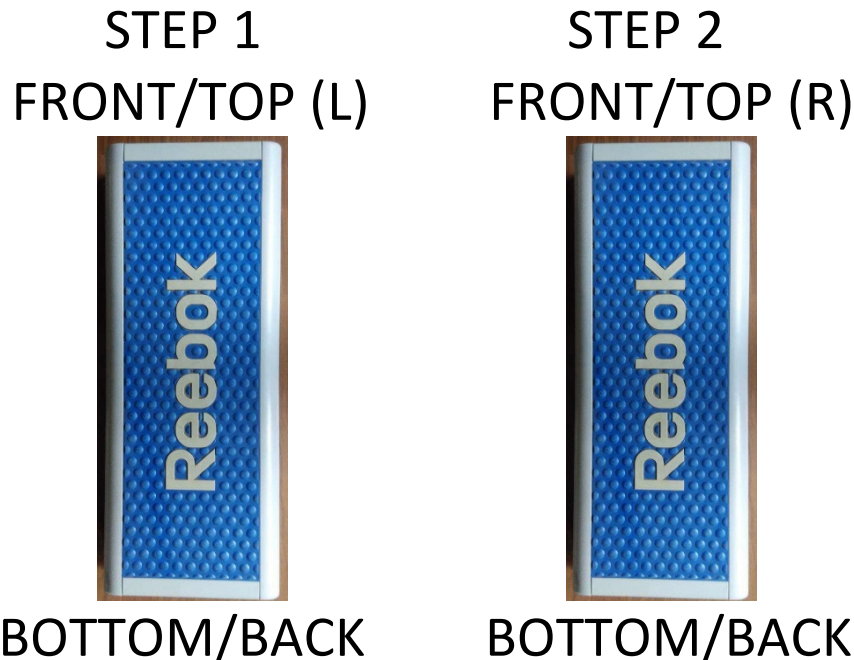


STEP TO THE FUTURE TOUR 2016

SESSION 2 - Ali presents

"DOUBLE STEP"



YOUR STARTING POINT IS ON THE FLOOR IN THE MIDDLE OF THE STEPS
YOUR POSITION SHOULD BE AT THE FRONT/TOP END OF THE STEP FACING FORWARDS
START WITH SIDE TAPS OR SINGLE KNEE LIFTS FROM SIDE TO SIDE -
STEP 2 (RIGHT LEG) TO STEP 1 (LEFT LEG)

THE LEG CLOSEST TO THE STEP IS ALWAYS THE LEG TO GO UP FIRST

e.g. STEP UP ON THE RIGHT STEP WITH YOUR RIGHT FOOT FIRST AND TAP/KNEE LIFE WITH YOU LEFT
(and vice versa for the left leg)

(CHANGES IN RED) (ISOLATED BLOCK CHANGES IN BLUE)

PART 1

Progression 1:

- x1 3-Knee repeater on each step (on step 2 first, then step 1)

Progression 2:

- the second knee in the repeater becomes a twist:
x1 knee, **twist**, knee

Progression 3:

- x1 knee, twist, **KNEE (the last knee is done at the back of step 1. Stay on step 1 and repeat the combination at the top end of the step)**
- x2 single knees (side to side/step to step - holding pattern if needed)
- REPEAT LEFT

Progression 8:

- x1 knee, twist (1-4)
- tango on step 1 facing the back (5-8 - step down onto the floor on count 8)
- reverse turn/v-step behind on step 1
(FLOOR (r leg); STEP 1 (l leg); STEP 1 (r); FLOOR (l))
9 10 11 12
- Basic to face the front on step 2 on count 13 & 14
- 4 single rhythm side lunges FACING THE **SIDE** starting on count 15: (this is all done on step 2!!)
STEP (r); STEP (l); FLOOR (r); STEP (l); STEP (r);
13 14 15 16 &
FLOOR (l); STEP (r); STEP (l); FLOOR (r); STEP (l); STEP (r);
1 2 & 3 4 &
- **REVERSE TURN ON FLOOR:**
FLOOR (l); FLOOR (r); STEP (l); FLOOR (r - leg swings behind leg on step)
5 6 7 8
- x2 single knees (one on step 1; one on step 2) (9-16)
- REPEAT LEFT

Progression 9:

- x1 knee, twist (1-4)
- tango on step 1 facing the back (5-8 - step down onto the floor on count 8)
- reverse turn/v-step behind on step 1
(FLOOR (r leg); STEP 1 (l leg); STEP 1 (r); FLOOR (l))
9 10 11 12
- Basic to face the front on step 2 on count 13 & 14
- 4 single rhythm side lunges FACING THE **SIDE** starting on count 15: (this is all done on step 2!!)
STEP (r); STEP (l); FLOOR (r); STEP (l); STEP (r);
13 14 15 16 &
FLOOR (l); STEP (r); STEP (l); FLOOR (r); STEP (l); STEP (r);
1 2 & 3 4 &
- **REVERSE TURN ON FLOOR:**
FLOOR (l); FLOOR (r); STEP (l); FLOOR (r - leg swings behind leg on step)
5 6 7 8
- ****x2 single knees (one on step 1; one on step 2) (9-16)**
- REPEAT LEFT

**Progression 10:

- x1 3-knee rptr (facing front at the top of the step)
- REPEAT LEFT

**Progression 11:

- x1 knee, x3 taps on floor, x1 knee
- REPEAT LEFT

**Progression 12:

- x1 knee, x3 taps (stick bum out and pivot backwards 90 degrees back into the centre of the steps), x1 knee
- REPEAT LEFT

Progression 13:

- x1 kick, twist (1-4)
- tango on step 1 facing the back (5-8 - step down onto the floor on count 8)
- reverse turn/v-step behind on step 1
(FLOOR (r leg); STEP 1 (l leg); STEP 1 (r); FLOOR (l))
9 10 11 12
- Basic to face the front on step 2 on count 13 & 14
- 4 single rhythm side lunges FACING THE SIDE starting on count 15: (this is all done on step 2!!)
STEP (r); STEP (l); FLOOR (r); STEP (l); STEP (r);
13 14 15 16 &
FLOOR (l); STEP (r); STEP (l); FLOOR (r); STEP (l); STEP (r);
1 2 & 3 4 &
REVERSE TURN ON FLOOR:
FLOOR (l); FLOOR (r); STEP (l); FLOOR (r - leg swings behind leg on step)
5 6 7 8
- x1 knee, x3 taps (stick bum out and pivot backwards 90 degrees back into the centre of the steps), x1 knee
- **THIS WILL NO LONGER CHANGE LEGS!!**
to change legs: x6 single knees, x1 3-knee rptr and REPEAT LEFT

ADDITIONAL CHANGE NOT TAUGHT ON THE TOUR:

Progression 14:

- x1 kick, twist (1-4)
- tango on step 1 facing the back (5-8 - step down onto the floor on count 8)
- reverse turn/v-step behind on step 1
(FLOOR (r leg); STEP 1 (l leg); STEP 1 (r); FLOOR (l))
9 10 11 12
- SPIN 360 degrees on top of the step on count 13 & 14
(PLEASE NOTE: to watch this change please the video clip on my facebook profile)
- 4 single rhythm side lunges FACING THE SIDE starting on count 15: (this is all done on step 2!!)
STEP - SPIN (r); STEP - SPIN (l); FLOOR (r); STEP (l); STEP (r);
13 14 15 16 &
FLOOR (l); STEP (r); STEP (l); FLOOR (r); STEP (l); STEP (r);
1 2 & 3 4 &
REVERSE TURN ON FLOOR:
FLOOR (l); FLOOR (r); STEP (l); FLOOR (r - leg swings behind leg on step)
5 6 7 8
- x1 knee, x3 taps (stick bum out and pivot backwards 90 degrees back into the centre of the steps), x1 knee
- TO CHANGE LEGS: x6 single knees, x1 3-knee rptr
- REPEAT LEFT

PART 2:

Progression 1:

- 1 basic on step 2 (1-4)
- x3 single knees (step 2; step 1; step 2) (5-16)
- REPEAT LEFT

Progression 2:

- Jazz step round the front corner of step 2 (1-4)
- x1 knee over step 2 and both feet down on floor in middle of the steps (5-8)
- x1 knee over step 1 and both feet down on the left side of step 1 (9-12)
(TRAVEL DIAGONALLY TOWARDS THE BACK OF STEP 1 FROM THE TOP OF STEP 2)
- Stomp on step 1 with right leg (13) and walk backward on floor (14-16)
- Single, single, 3-knee rptr (travelling towards the front of the steps)
- REPEAT LEFT

Progression 3:

- Jazz step round the front corner of step 2 (1-4)
- 1 knee over step 2 (turning in) (5-8)
- x1 knee over step 1 (reverse turn) (9-12)
(TRAVEL DIAGONALLY TOWARDS THE BACK OF STEP 1 FROM THE TOP OF STEP 2)
- Stomp on step 1 with right leg (13) and walk backward on floor (14-16)
- Single, single, 3-knee rptr (travelling towards the front of the steps)
- REPEAT LEFT

Progression 4:

- Jazz step round the front corner of step 2 (1-4)
- 1 knee over step 2 (turning in) (5-8)
- x1 knee over step 1 (reverse turn) (9-12)
(TRAVEL DIAGONALLY TOWARDS THE BACK OF STEP 1 FROM THE TOP OF STEP 2)
- Stomp on step 1 with right leg (13) and walk backward on floor (14-15)
- Elvis on floor with left leg (16)
- Walk forwards with left leg (1) stomping on step 1 with the right leg (2) and walk round to the left side of step 1 to face the centre (3-4)
- x2 single knee lifts on top of step 1 (5-8)
- Stomp on top of step 1 (9)
- March on floor (10-16)
- REPEAT LEFT

Progression 5:

- Jazz step round the front corner of step 2 (1-4)
- 1 knee over step 2 (turning in) (5-8)
- x1 knee over step 1 (reverse turn) (9-12)
(TRAVEL DIAGONALLY TOWARDS THE BACK OF STEP 1 FROM THE TOP OF STEP 2)
- Stomp on step 1 with right leg (13) and walk backward on floor (14-15)
- Elvis on floor with left leg (16)
- Walk forwards with left leg (1) stomping on step 1 with the right leg (2) and walk round to the left side of step 1 to face the centre (3-4)
- **x2 chasses/cha-cha-cha's over step 1 AND step 2:**
UP, UP, DOWN, UP, UP, DOWN
STEP, STEP, FLOOR, STEP, STEP, FLOOR
5 & 6 7 & 8
l r l r l r
- Stomp on top of step 2 and jazz round corner to middle (9-10)
- March in middle of steps on floor (11-16)
- REPEAT LEFT

Progression 6:

- Jazz step round the front corner of step 2 (1-4)
- 1 knee over step 2 (turning in) (5-8)
- x1 knee over step 1 (reverse turn) (9-12)
(TRAVEL DIAGONALLY TOWARDS THE BACK OF STEP 1 FROM THE TOP OF STEP 2)
- Stomp on step 1 with right leg (13) and walk backward on floor (14-15)
- Elvis on floor with left leg (16)
- Walk forwards with left leg (1) stomping on step 1 with the right leg (2) and walk round to the left side of step 1 to face the centre (3-4)
- **x2 chasses/cha-cha-cha's over step 1 AND step 2:**
UP, UP, DOWN, UP, UP, DOWN
STEP, STEP, FLOOR, STEP, STEP, FLOOR
5 & 6 7 & 8
l r l r l r
- **Stomp, pivot turn, mambo back and turn:**
UP, DOWN, UP, UP, MAMBO BEHIND ON FLOOR, UP, UP, DOWN
STEP, FLOOR, STEP, STEP, MAMBO BEHIND ON FLOOR, STEP, STEP, FLOOR
9 10 11 12 13 14 15 16
l r l r l r l r
(pivot round the front of step 2 to come into the centre of the steps and face the right wall on 9-12, mambo behind on the floor and turn back round to face the front to begin the routine again on step 1)
- REPEAT LEFT

Progression 7:

- Rhythm jazz step round the front corner of step 2 (1-4)
(this is an additional change that was not taught on the tour!!)
- 1 knee over step 2 (turning in) (5-8)
- x1 knee over step 1 (reverse turn) (9-12)
(TRAVEL DIAGONALLY TOWARDS THE BACK OF STEP 1 FROM THE TOP OF STEP 2)
- Stomp on step 1 with right leg (13) and walk backward on floor (14-15)
- x2 shuffles/scissors/ski jumps (many names for this move) (16-1)
- Straight into stomp on step 1 with the right leg (2) and walk round to the left side of step 1 to face the centre (3-4)
- x2 chasses/cha-cha-cha's over step 1 AND step 2:
UP, UP, DOWN, UP, UP, DOWN
STEP, STEP, FLOOR, STEP, STEP, FLOOR
5 & 6 7 & 8
l r l r l r
- Stomp, pivot turn, mambo back and turn:
UP, DOWN, UP, UP, MAMBO BEHIND ON FLOOR, UP, UP, DOWN
STEP, FLOOR, STEP, STEP, MAMBO BEHIND ON FLOOR, STEP, STEP, FLOOR
9 10 11 12 13 14 15 16
l r l r l r l r
(pivot round the front of step 2 to come into the centre of the steps and face the right wall on 9-12, mambo behind on the floor and turn back round to face the front to begin the routine again on step 1)
- REPEAT LEFT

COMBINE PART 1 & 2 TOGETHER:

PART 1 - RIGHT LEG (on step 2)

PART 2 - RIGHT LEG (on step 2)

PART 1 - LEFT LEG (on step 1)

PART 2 - LEFT LEG (on step 1)

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there is an additional option to progress the routine even further....
this was not taught on the tour
please visit my facebook profile to watch this change

(A) PART 1 - RIGHT LEG (on step 2....face front right hand corner)

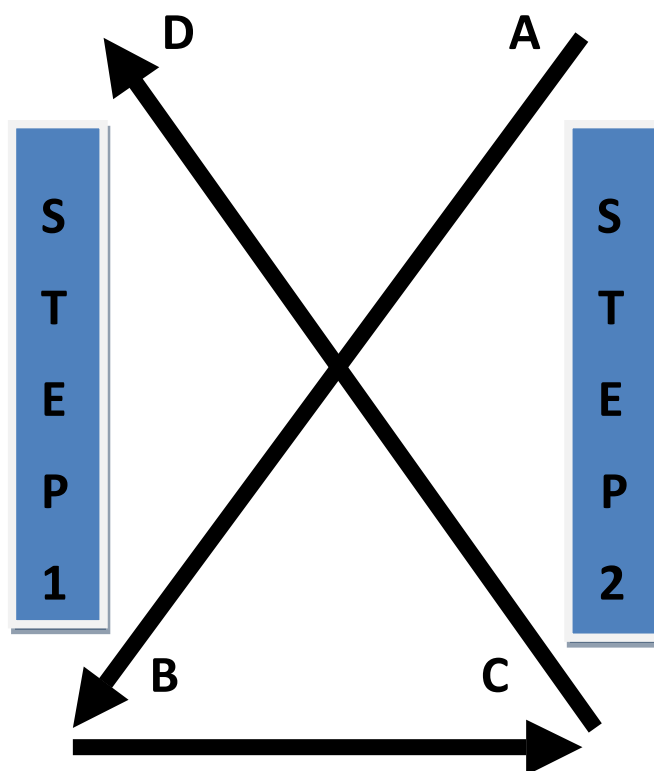
(B) PART 2 - RIGHT LEG (on step 1....face back right hand corner)

(C) PART 1 - LEFT LEG (on step 2....face back left hand corner)

(D) PART 2 - LEFT LEG (on step 1...face front left hand corner)

**PLEASE NOTE: WHEN DOING THE ROUTINE IN THIS FORMAT
PART 1 IS ONLY PERFORMED ON STEP 2 AND PART 2 IS ONLY PERFORMED ON STEP 1**

the shape will look like this:



HAVE FUN!!!!!!!!!!

Putney: <https://www.facebook.com/alistair.mcmeechan/videos/10157655840925294/>

Bolton: <https://www.facebook.com/alistair.mcmeechan/videos/10157665937510294/>

FULL ROUTINE: <https://www.facebook.com/alistair.mcmeechan/videos/10157365777430294/>