

STEP TO THE FUTURE TOUR 2016

SESSION 3 - Ali & Gina present

"AEROMANIA"

(CHANGES HIGHLIGHTED IN RED) (INDIVIDUAL BLOCK BREAKDOWNS IN BLUE)

(Part 1 is in 3 blocks and taught in reverse formation)

ALI - PART 1C

Progression 1:

- ** double side tap (r) (1-3)
- 1 hamstring curl (r) (4)
- 1 chasse (r) (5-6)
- 1 mambo behind (l) (7-8)
- x4 step touches (9-16)
- REPEAT RIGHT

**Progression 2:

- single side taps on each leg (1-32)
- fast side taps with rhythm (1-32: 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 & 9 etc)
r r l l r r l l r r l l r r l l r....

Progression 3:

- x3 quick side taps (aka quickie or crazy legs) (1 & 2 & 3)
r r l l r
- 1 hamstring curl (r) (4)
- 1 chasse (r) (5-6)
- 1 mambo behind (l) (7-8)
- x4 step touches (9-16)
- REPEAT RIGHT

ALI - PART 1B

Progression 1:

- Side tap (right leg) (1)
- Tap behind (right leg) (2)
- Twist (on both legs to face the back) (3)
- Step to the back (left leg) (4)
- Mambo behind (on right leg) (5)
- Turn to face the front (6-8)
- x4 step touches
- THIS WILL NOT CHANGE LEG!!

(teach this slowly in double time first before speeding it up to tempo)

Teach full combination on the left leg

ADD PART B & C TOGETHER - THIS WILL NOW CHANGE LEG - REPEAT ON LEFT

ALI - PART 1A

Progression 1:

- x2 step touches (1-4)
- x2 single knee lifts (5-8)
- x1 mambo cha-cha-cha (9-12) (right leg goes into the mambo from the knee lift)
- x2 single knees (13-16)
- REPEAT LEFT

Progression 2:

- **x2 rhythm step touches**
(STEP, BEHIND, STEP BEHIND TO CHANGE, STEP, BEHIND, STEP BEHIND TO CHANGE)

r	l		r		l	r		l
1	2		&		3	4		&

(KEEP DOING THIS IN A LOOP TO GET USED TO THE RHYTHM BEFORE MOVING ON)
- x2 single knees (5-8)
- x1 mambo cha-cha-cha (9-12)
- x2 single knees (13-16)
- REPEAT LEFT

Progression 3:

- x2 rhythm step touches
(STEP, BEHIND, STEP BEHIND TO CHANGE, STEP, BEHIND, STEP BEHIND TO CHANGE)
r l r l r l
1 2 & 3 4 &
- x2 single knees (turning backwards) (5-8)
- x1 mambo cha-cha-cha (9-12)
(mambo becomes a side mambo/side pivot with no turn/spin)
- x2 single knees (13-16)
- REPEAT LEFT

Progression 4:

- x2 rhythm step touches
(STEP, BEHIND, STEP BEHIND TO CHANGE, STEP, BEHIND, STEP BEHIND TO CHANGE)
r l r l r l
1 2 & 3 4 &
- x2 single knees (turning backwards) (5-8)
- x1 mambo cha-cha-cha (9-12)
- x2 single knees (turning forwards) (13-16)
- REPEAT LEFT

Progression 5:

- x2 rhythm step touches (travelling forward in diagonal zig zag)
(STEP, BEHIND, STEP BEHIND TO CHANGE, STEP, BEHIND, STEP BEHIND TO CHANGE)
r l r l r l
1 2 & 3 4 &
- x2 single knees (turning backwards) (5-8)
- x1 mambo cha-cha-cha (9-12)
- x2 single knees (travelling back vertically, with or without the turn) (13-16)
- REPEAT LEFT

ADD PARTS A, B & C TOGETHER

(Part A start on the right into Part B on the left
finishing with Part C on the left -

THIS WILL NOT CHANGE LEGS!!!)

**ONLY ONCE GINA'S BLOCK HAS BEEN TAUGHT AND
COMBINED WILL THE LEGS THEN CHANGE**

GINA - Part 2

Progression 1

FINAL PROGRESSION:

Once GINA'S block has been taught, you can change the last "mambo behind" from Part 1C to a reverse pivot to go straight into the two "kick ball changes" at the start of Part 2 if you desire.

FINAL ROUTINE:

PART 1 - Right leg

PART 2 - Right leg

PART 1 - Left Leg

PART 2 - Left Leg

REPEAT

(as desired)

**Putney: We got that carried away in this session we forgot to record it lol....whoops!!
(please see the Bolton video for this routine)**

Bolton: <https://www.facebook.com/alistair.mcmeechan/videos/10157666043730294/>