

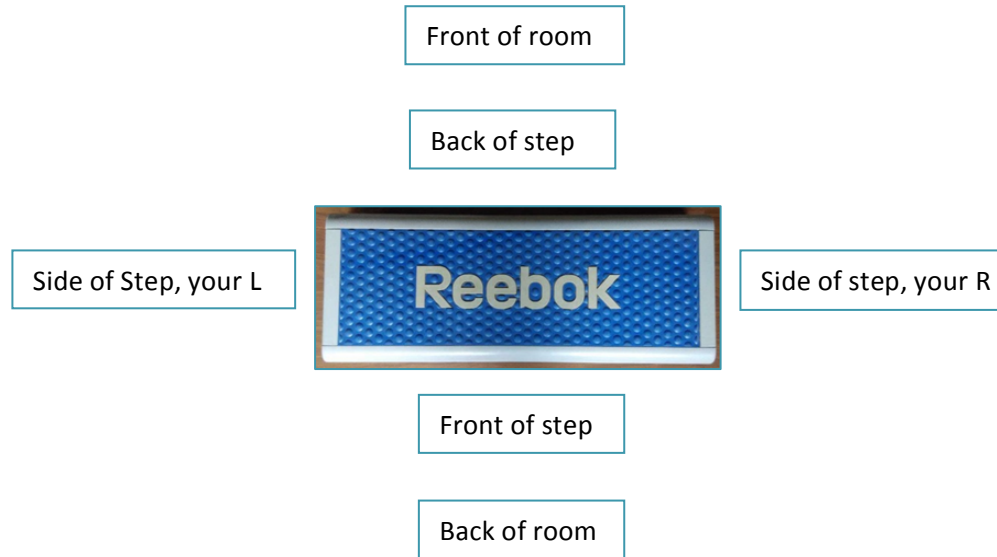
STEP TO THE FUTURE TOUR 2016

SESSION 4 - Gina presents

"Step One-on-One"

Glossary of Words:

- W- Wide
- R-Right
- L-Left
- S-Single
- DBL - Double
- QK –Quick
- CCC- Cha Cha Cha
- RV - Reverse
- FRT- Front
- BCK- Back
- SDE –Side
- OPT – Optional
- ALT- Alternate
- LGTH –Length
- FoS- Front of Step
- BoS – Back of Step



- ❖ **Choreography written as the participant doing class, please reverse for instructor teaching**
- ❖ **Layers- R foot leading for participant, (leading feet may change in routine when sections put together). Reverse leading foot for teaching.**
- ❖ **Add stomps or marches or basics as holding patterns as you wish.**

Sequence Number	Choreographed Move	Base Move	Progression 1	Progression 2	Progression 3
Block 1					
1	Count of: 1-8 Step up R, into a W-V step, QK tap R toe to floor, step back up, ball change to R side turning in on other side of step finish with a CCC	1 X V step, 1 single knee L - leg	(Option1) 1 X V step, QK tap R toe to floor, step back up, L- leg step back on floor and turn over step to finish on other side	Option 2 go to Choreographed Move	
2	Count of: 1-8 L/foot on floor, QK tap behind on step with R toe, turn	DBL stomp R/foot on step, S stomp L/foot	R/foot on floor, QK tap behind on step with L/toe,	R/foot on floor, QK tap behind on step with L/toe, knee lift R	R/foot on floor, QK tap behind on step Step-kick-toe-turn,

	inwards to land R foot on step, on to step, step-kick-toe-turn, step R foot down (keeping L/foot on step)	on step	knee lift R	Step-kick-toe-turn, step R foot down	step L foot down (keeping R/foot on step)
3	Count of:1-8 Facing the BoS 'tap,tap' on step with L/foot , step over step with R/foot into a reverse tango ball change Counts	2 X Alt S-knees R&L	1 X R Knee, Stomp L/foot to floor, turn back on L/toe	1 X R Knee, step into a reverse tango ball change	Tap,tap on step, with R/foot , step over step with L/foot into a reverse tango ball change
4	Count of: 1-8 Step L, R onto step facing BCK of room, little jump on top, step L/foot down, ball change, ½ pivot to turn to FoR	2 X R/foot WDE V-Step	1 X Reverse Turn, 1 WDE V-Step	Reverse up on to step, small jump, step down R/Foot ball change pivot to face front	
	Repeat to L				
Block 2					
5	Counts of: 1-8 +1-2: Arms L-shape - Tango BK facing BoR, stomp SDE of step L/foot on step R/foot on floor, push back and S -stomp R/foot centre of step	R/foot DBL stomp on floor, L/foot, DBL stomp on step, S stomp R/foot centre of step	Tango BK facing BoR, stomp SDE of step L/foot on step R/foot on floor, push back and S -stomp R/foot centre of step		
6	Counts of: 3- 8 + 1-2 Stomp R/foot on step, ball change into a small RV turn, turning towards R –SDE of step, small ball-change jazz off the L-corner, turn inwards to go round BK of step	2 Basics	1 Basic, 1 Jazz round L-SDE of step	Stomp R/foot on step, ball change into a small RV turn, turning, towards R–SDE of step, small ball-change jazz off the L-corner, turn inwards to go round BK of step	
7	Counts of: 3-8 + 1-3: Step up or turn in on to step mambo down R/foot FWDS, L/foot BKWDS	March on step for 8 counts	Step up on to step R/foot steps FWDS, L/foot steps BKWDS, step	Step up on to step R/foot steps FWDS, L/foot steps BKWDS, step off	Step up or turn in on step R/foot steps FWDS, L/foot steps BKWDS,

	exit off step to face FoR (option to add turns before feet step down)		off back of step	back of step to face front	step off back of step to face front (option to add turns before feet step down)
8	Counts of: 4-8: Facing L-SDE, R/foot on step, kick ball change straddle, step L-foot over step with a tap to finish	3 knee repeater	2 knee repeater into straddle step L/foot over		
	Now on BoS with a L/foot leading to repeat				
<p>Sequence B1R(FoS), B2L(BoS), B2R(BoS), B1L(FoS) Please note Bolton routine was slightly adjusted.</p>					

Putney: <https://www.facebook.com/alistair.mcmeechan/videos/10157656499815294/>

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